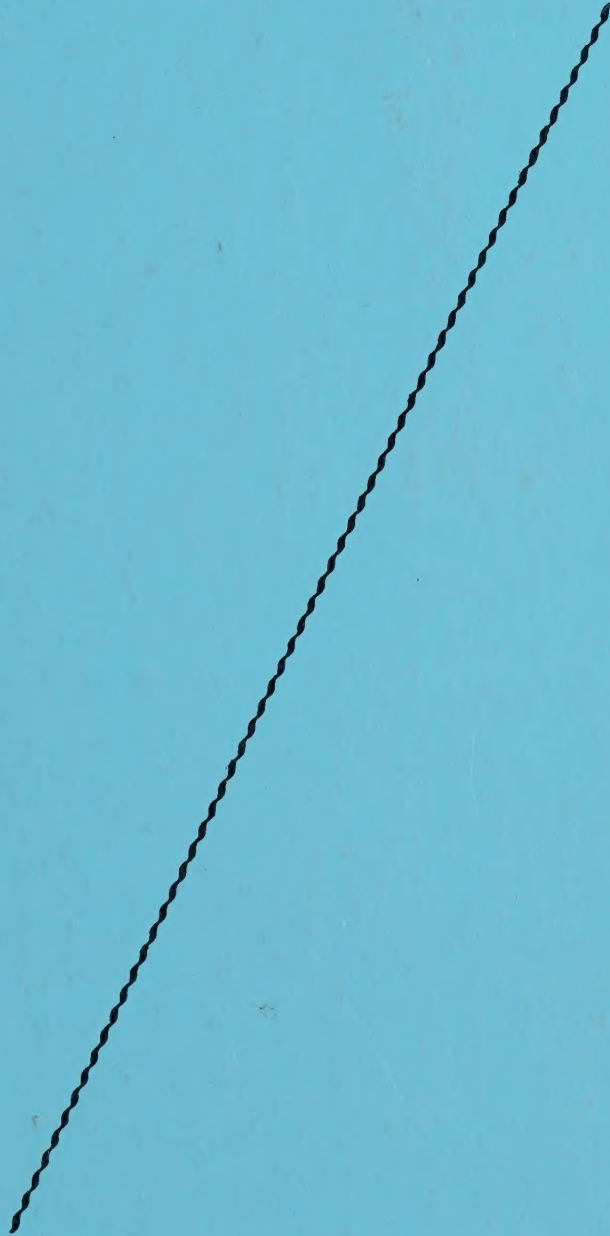


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**JUNIOR SERVICE LEAGUE**

**CHAPEL HILL, N. C.**



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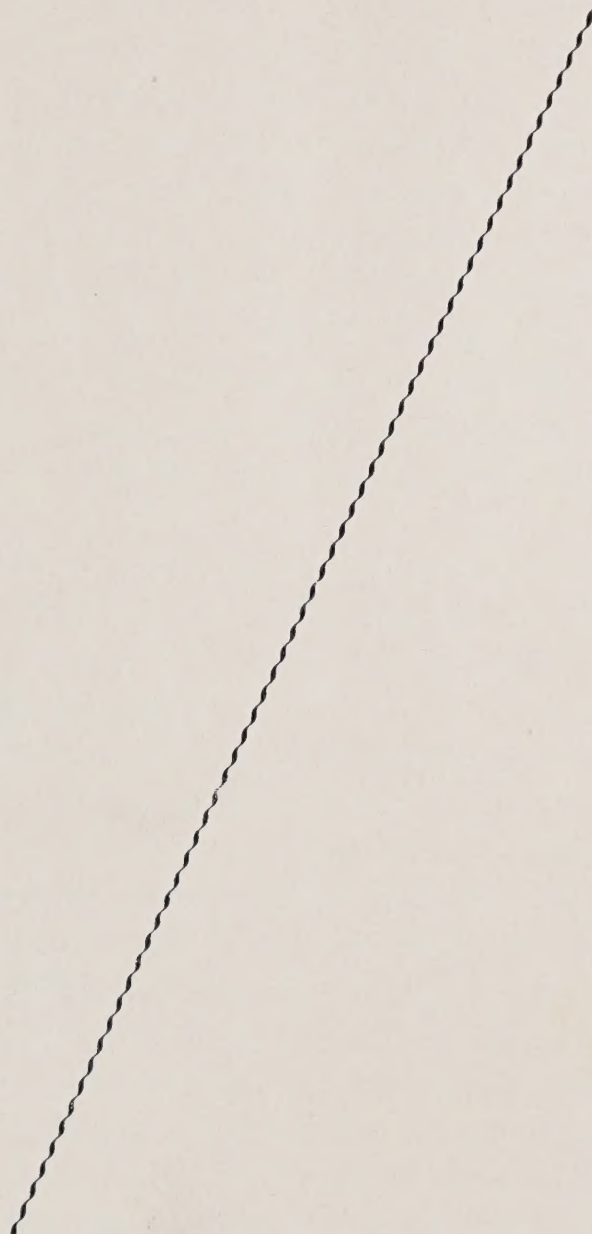
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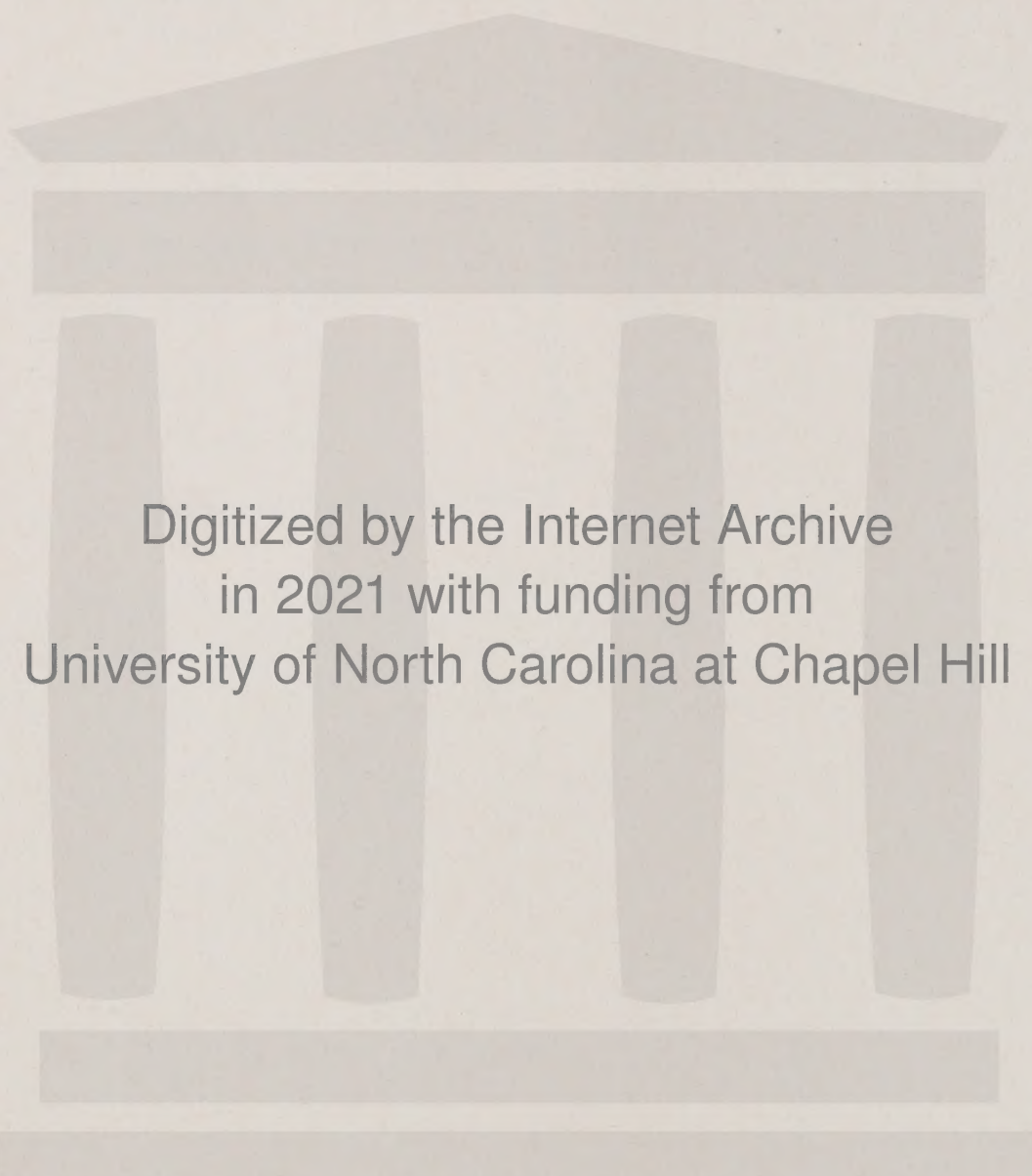
# *Carolina* *Cooking*



JUNIOR SERVICE LEAGUE

CHAPEL HILL, N. C.

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## Preface

Since its organization in 1939 the Junior Service League has afforded the young women of Chapel Hill opportunities to render community service. Specific projects have varied through the years, but a glance at current activities will serve to give some idea of the ways in which we are of service to this community. During the past two years we have provided volunteer workers for eight Health Department well-baby clinics each month; furnished equipment and volunteer workers for the pediatric ward of the North Carolina Memorial Hospital; co-sponsored with the Girl Scouts a summer day camp for girls; directed a program of community education for Negroes; sponsored the Empty Stocking Fund for Orange County; cooperated in the financial drives of such organizations as the Tuberculosis Association, Heart Association, Community Chest, North Carolina Society for Crippled Children, American Cancer Society, Y-Teens, and the North Carolina Symphony Association; and contributed to the School Lunch Fund, Art Guild, and the Victory Village Day Care Center.

The expenses of running the League are met by dues from each member. This allows all money earned through ways-and-means projects (this cookbook, for example) to be devoted to the work of the League.

The Junior Service League has resigned itself enthusiastically to the fact that sooner or later every women's organization publishes a cookbook. We have thoroughly enjoyed collecting and testing these recipes, even while realizing that with our kitchen secrets revealed we won't be able to surprise each other at bridge club or dinner table. Obviously this is not a basic cookbook, but a random collection of favorite dishes recommended (although not necessarily originated) by members and friends of the Junior Service League. Our testing committee has spent months in carefully testing and editing each recipe.

We appreciate the cooperation we have received from all sources and give special recognition to the part played by the contributors of the recipes, to the many members of the League who slaved over hot stove or hot typewriter so that this book might appear, and to each purchaser.

We feel it is only fitting to conclude by dedicating the results of our efforts to our husbands who so uncomplainingly eat out of cans while we are busy on League projects such as cookbooks.

MEMBERS OF THE JUNIOR SERVICE LEAGUE  
Chapel Hill, North Carolina

18111



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## SECTION 1

# COME OVER FOR COFFEE

When a voice on the phone says, "How about coming over for a cup of coffee?" it may mean an invitation to admire a neighbor's new curtains, a committee meeting, or a party which in another community might take the form of an afternoon tea. At any rate, Morning Coffee is a versatile and popular institution here in Chapel Hill where ladies' luncheons are restricted by husbands coming home for mid-day meals. Friendly and informal, a coffee party is always a good excuse to leave the dishes in the sink and the children with a neighbor.

Food accompanying the coffee is generally simple but may vary to suit the nature of the occasion. Cakes, cookies, and breads are always in order, and you will find these in Sections 9, 11, and 12. And don't overlook the great array of appetizers in Section 14. In this section we have collected suggestions for more specialized "coffee food" that has made our friends forget their calorie counting. For non-coffee drinkers we have included a few substitute beverages.

Put on your coffee pot, sample some of these, and see if you don't agree that "nothing could be finer than to be in Carolina in the morning."

### SWEET MILK DOUGHNUTS

2 eggs, beaten	4 cups bread flour, sifted
1 cup sugar	$\frac{1}{4}$ teaspoon nutmeg
1 cup milk	$\frac{1}{4}$ teaspoon cinnamon, or
5 tablespoons melted shortening	1 teaspoon grated lemon rind
4 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt

Cream eggs and sugar. Add milk and shortening. Combine and sift flour, baking powder, nutmeg, cinnamon, salt and lemon rind. Add the dry ingredients to the egg mixture and blend well. Dough may be chilled until it is easy to handle. Roll on floured board to  $\frac{1}{4}$  inch thickness and cut into shapes. Heat shortening to 385° and fry doughnuts 2 to 3 minutes, browning them on one side, then turning and browning them on the other. (It may take a little more flour than four cups.) Makes 4 or 5 dozen.

Mrs. Miles Fitch

### QUICK COFFEE CAKE

1 cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	4 tablespoons melted butter
3 teaspoons baking powder	Topping:
$\frac{1}{2}$ teaspoon salt	2 tablespoons sugar
$\frac{1}{2}$ teaspoon cinnamon	2 teaspoons cinnamon
1 egg, beaten	

Sift together twice the flour,  $\frac{1}{2}$  cup sugar, baking powder, salt, and  $\frac{1}{2}$  teaspoon cinnamon. Add egg, milk, and butter and beat with rotary beater. Put in cake tin.

Mix 2 tablespoons sugar and 2 teaspoons cinnamon together and sprinkle over top. Bake in a moderate oven (375°) for about 30 minutes.

Mrs. Walter Spearman



## AUNT LULU'S COFFEE CAKE—and it's a Lulu!

$\frac{1}{4}$ cup milk	1 teaspoon salt
1 tablespoon sugar	$\frac{1}{4}$ pound butter (one stick)
1 cake yeast	3 egg yolks
3 cups flour	1 cup rich milk
3 tablespoons sugar	

Warm  $\frac{1}{4}$  cup milk with 1 tablespoon sugar. Be sure milk is warm, not hot. Crumble one cake yeast (or sprinkle one package dry yeast) on top of warm milk and sugar. Set aside and let yeast rise until a puffy foam.

Sift together the flour, salt, and 3 tablespoons of sugar. Cut in, as for pie dough,  $\frac{1}{4}$  pound butter. Add the egg yolks to 1 cup of rich milk and beat slightly. Add yeast mixture to the milk and egg mixture; then add both to flour mixture and blend well. Will be moist, will not be dry. Butter top and chill for 8 hours. (I have used it in 4 hours and have kept it as long as 48 hours. Frozen keeps much longer. Chilling improves it.)

To use: Put dough on not too heavily floured board. Keep it moist, just so it isn't too sticky to handle. Knead very lightly, just until you can cut it into 6 even pieces. Roll each piece into a long sausage shape 10 inches or longer. Twist two rolls together and form into circle for one coffee cake. Six pieces makes three cakes or cut off dough and shape as you wish. Let rise 2 hours in warm place. Bake at  $375^{\circ}$  for 15 minutes, depends on size of your cake.

Mrs. C. F. Creamer, Jr.

## STREUSEL-FILLED COFFEE CAKE

$1\frac{1}{2}$ cups flour	Streusel Filling:
3 teaspoons baking powder	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ teaspoon salt	2 tablespoons flour
$\frac{3}{4}$ cup sugar	2 teaspoons cinnamon
$\frac{1}{4}$ cup shortening	$\frac{1}{2}$ cup chopped pecans
1 egg	2 tablespoons melted butter
$\frac{1}{2}$ cup milk	
1 teaspoon vanilla	

Sift flour once before measuring, then sift dry ingredients together. Cut in shortening with pastry blender until mixture is like fine cornmeal. Blend in well-beaten egg mixed with the milk. Add vanilla and beat just enough to blend well. Pour half of batter into well-greased and floured 6"x10" square pan. Sprinkle batter with half of filling. Add remaining batter, and the rest of the filling. Bake at  $375^{\circ}$  for 25 to 30 minutes. Alternating the batter and filling makes this a "better than usual" coffee cake.

For the filling, mix sugar, flour, and cinnamon together. Add nuts and blend in melted butter.

Mrs. R. H. Baker



### JIFFY MINCE COFFEE RING

2 cups all purpose flour	Icing:
$\frac{3}{4}$ cup sugar	2 tablespoons butter
$2\frac{1}{2}$ teaspoons double-acting baking powder	3 tablespoons hot milk
$\frac{1}{2}$ teaspoon salt	1 cup sifted Confectioner's sugar
$\frac{1}{3}$ cup shortening	$\frac{1}{8}$ teaspoon salt
1 egg, slightly beaten	
$\frac{1}{2}$ cup milk	
$\frac{3}{4}$ cup moist mince meat	

Sift together dry ingredients, cut in shortening until mixture resembles coarse meal. Combine egg, milk, and mince meat and add to dry ingredients. Mix only until flour is dampened. Turn into well-greased 9 inch ring mold. Bake in moderate oven ( $375^{\circ}$ ) for 30 to 35 minutes. Frost with icing while still warm.

For icing, combine butter, hot milk, confectioner's sugar and salt. Beat until smooth and pour over ring, icing will run down sides. (I have used this recipe many times for "coffees" and guests usually ask for recipe.)

Mrs. Kemp B. Nye

### PRUNE CAKE

$\frac{1}{2}$ teaspoon cinnamon	2 eggs, separated
$\frac{1}{2}$ teaspoon nutmeg	1 cup cooked prunes, cut up
$\frac{1}{2}$ teaspoon cloves	1 cup prune juice
$1\frac{1}{2}$ cups flour	2 teaspoons soda
1 stick butter	2 teaspoons water
1 cup sugar	

Sift together the cinnamon, nutmeg, cloves, and flour. In large mixing bowl cream butter with sugar and add unbeaten egg yolks. Then add prunes, cut in pieces. Put prune juice in large measure (it bubbles madly) and add soda and water; add this to butter and sugar mixture. Gradually add flour and spice mixture. Fold in beaten egg whites. Bake in moderate oven ( $350^{\circ}$ ) about a half-hour, or until cake pulls away from sides of pan. Use square pan about 9"x9". May be frosted with butter icing or sprinkled with powdered sugar. Keeps well and gets better on second and third day. May be used as not-very-sweet sweet for Morning Coffees.

Mrs. G. A. Barrett

### DATE NUT SLICES

2 cups sugar	1 small package dates (chopped)
1 cup milk	2 cups chopped pecans
1 lump butter size of an egg	

Mix sugar and milk, add butter and cook until it forms a soft ball in water, add dates and cook five minutes longer. Remove from fire and add nuts. Beat until cool enough to handle with hands. Roll on damp cloth and roll up and let cool. Slice off in  $\frac{1}{4}$  inch slices.

Mrs. B. L. Ward



## BRAN NUT BARS

$\frac{1}{2}$ cup butter or oleomargarine	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	2 tablespoons flour
1 cup flour	$\frac{1}{2}$ teaspoon baking powder
1 cup brown sugar	1 cup cornflakes
2 eggs (whole)	1 cup nuts (pecans)

Mix the first three ingredients listed and spread in bottom of square cake pan (5"x10") and bake for 10 minutes at 300°.

Mix the last seven ingredients listed and pour over first mixture and bake 20 minutes at 300°. Cut in squares—12 to 15 pieces.

Mrs. Harold Weaver

## GINGERBREAD

1 cup molasses	2 teaspoons ginger
1 cup sour milk	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{4}$ cups sifted flour	1 egg, well beaten
$1\frac{3}{4}$ teaspoons baking soda	$\frac{1}{2}$ cup melted shortening

Mix molasses and milk. Sift dry ingredients together and add. Add egg and shortening and beat until the mixture is smooth and creamy. Pour into greased pan and bake in moderate oven (350°) about 30 minutes. Makes one 9"x9" cake.

Mrs. B. L. Ward

## ORANGE BREAD

2 cups flour	$\frac{3}{4}$ cup orange juice
$\frac{1}{2}$ cup sugar	1 egg
$\frac{1}{2}$ teaspoon soda	6 tablespoons melted shortening
$1\frac{1}{2}$ teaspoons baking powder	$1\frac{1}{2}$ teaspoons grated orange rind
1 teaspoon salt	$\frac{1}{2}$ cup chopped nuts

Melt shortening. Add egg and orange juice combined with grated rind. Sift flour, sugar, soda, baking powder, and salt together and add to liquid ingredients. Add nuts and pour into greased loaf pan. Cook for one hour at 350°.

Mrs. J. C. Morrow

## BANANA NUT BREAD

$1\frac{1}{4}$ cups of sugar	1 teaspoon salt
$\frac{1}{2}$ cup butter	1 teaspoon vanilla
3 eggs	1 cup nuts (broken finely)
$2\frac{1}{2}$ cups of flour	4 ripe bananas (mashed
2 teaspoons soda	thoroughly)

Cream butter and sugar, add eggs, then other ingredients, folding in bananas. Bake in two greased bread pans at 325° for about 50 minutes. This nut bread is nice baked in a ring salad mold and served with cream cheese or butter. It also makes nice tea-time sandwiches.

Mrs. Bernard Boyd



## BANANA BREAD

1 cup sugar	2 heaping cups flour
1/2 cup butter	1/2 teaspoon salt
3 mashed bananas	1 teaspoon soda
2 eggs	1 cup nuts

Cream butter, sugar, bananas and eggs. Sift other dry ingredients and add. Fold in nuts. Bake in loaf pan at 300° for 45 minutes.

Mrs. Gordon Blackwell

## HONEY MUFFINS

2 tablespoons honey	1 cup milk
1/2 teaspoon salt	2 1/2 teaspoons baking powder
1 egg	2 cups whole wheat flour

Mix honey, salt, egg, and milk. Sift flour with baking powder and add to first mixture. Bake in well-greased muffin tins at 425° for 20-25 minutes.

Mrs. R. D. W. Connor

(Courtesy Mrs. W. W. Pierson, Jr.)

## PINEAPPLE MUFFINS

1/2 cup butter or substitute	1/4 teaspoon salt
1 cup sugar	1 teaspoon baking powder
2 eggs	1/2 teaspoon soda
2 cups flour	1 small can crushed pineapple

Cream butter and sugar, add eggs, one at a time, beating well after each. Sift flour, salt, baking powder, and soda. Add to creamed mixture, then add pineapple with juice. Bake in muffin tins at 450° for 15 or 20 minutes. Absolutely delicious, but it is cake almost instead of muffins.

Mrs. R. D. W. Connor

(Courtesy of Mrs. W. W. Pierson, Jr.)

## BISCUIT VARIATIONS

The following five recipes are based on standard biscuit dough, either made from scratch or from a package.

## Butterscotch Biscuits

Roll dough 1/4 inch thick, spread with melted butter or margarine, and sprinkle with brown sugar and chopped nut meats. Roll the dough up like a jelly roll and cut off 1/2 inch slices. Bake, cut side down on greased cookie sheet in 450° oven for 15 minutes.

## Cheese Swirls

Roll dough 1/4 inch thick and sprinkle with 1/2 cup grated American cheese and finely chopped pimiento, if desired. Roll up and cut 1/2 inch slices. Bake at 425° for 15 minutes.

### Pinwheel Biscuits

Roll dough  $\frac{1}{4}$  inch thick, spread with melted butter or margarine and sprinkle with sugar and cinnamon. Roll up and cut off  $\frac{1}{2}$  inch slices. Bake at  $450^{\circ}$  for 12 to 15 minutes.

### Orange Biscuits

Add grated rind of 1 orange to dough, roll about  $\frac{1}{2}$  inch thick and cut with biscuit cutter. Dip small cubes of sugar quickly into some orange juice and press 1 cube gently into center of each biscuit. Bake at  $450^{\circ}$  for 12 to 15 minutes.

### Jelly Triangles

Make standard biscuit dough with 2 tablespoons additional shortening. Roll  $\frac{1}{4}$  inch thick and cut into 3-inch squares. On each square place 1 teaspoon tart jelly. Fold squares diagonally and press edges together. Bake on ungreased cookie sheet at  $450^{\circ}$  for 12 to 15 minutes.

Mrs. E. P. Douglass

## BISCUITS WITH CHEESE SAUCE

Long can ready-to-bake biscuits       $\frac{1}{4}$  pound butter  
Wedge pimiento cheese

Place biscuits in pie tin, touching each other. Melt cheese with butter. When melted and mixed, pour over biscuits. Follow baking directions on package but place low in oven to keep from burning cheese.

Mrs. F. W. Klingberg

## ORANGE BISCUITS

$\frac{1}{4}$ cup butter	3 teaspoons baking powder
$\frac{1}{2}$ cup orange juice	3 to 4 tablespoons shortening
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup milk
2 teaspoons grated orange rind	$\frac{1}{4}$ cup sugar
2 cups flour	Cinnamon
$\frac{1}{2}$ teaspoon salt	

Combine butter, orange juice, sugar and orange rind and cook 2 minutes. Pour into 9 muffin tins. Sift flour, salt and baking powder; cut in shortening. Add milk and stir until dough follows fork around bowl. Knead  $\frac{1}{2}$  minute—roll  $\frac{1}{4}$  inch thick. Sprinkle with  $\frac{1}{4}$  cup sugar and cinnamon. Roll as for jelly roll and slice one inch thick. Place cut side down over orange mixture. Bake in hot oven ( $450^{\circ}$ ) 20 to 25 minutes. Makes 9 biscuits.

Mrs. Charles M. Shaffer



### JUICY CINNAMON ROLLS

$\frac{3}{4}$  cup milk  
 $\frac{1}{4}$  cup sugar  
 3 tablespoons butter or shortening  
 1 teaspoon salt  
 1 cake yeast  
 $\frac{1}{4}$  cup lukewarm water  
 1 egg  
 4 cups flour

#### Filling:

$\frac{1}{3}$  cup butter  
 1 cup brown sugar  
 1 teaspoon cinnamon

#### Frosting:

$\frac{1}{3}$  cup confectioner's sugar  
 $\frac{1}{4}$  cup oleo or butter  
 2 tablespoons milk

Scald milk and pour over sugar, shortening, and salt in mixing bowl. Cool to lukewarm. Soften yeast in warm water and add beaten egg, mix well, and add to milk mixture. Add about half the flour and beat thoroughly. Add remaining flour and mix well. Grease top of dough slightly and cover bowl. Let rise until double in bulk. Roll out on floured board to  $\frac{1}{2}$  inch thickness and spread with filling of melted butter, brown sugar and cinnamon. Roll up as for jelly roll and cut in 1-inch slices. Place on greased baking sheet and let rise until double in bulk. Cook at 400° about 30 minutes.

Make a frosting by cooking for ten minutes the confectioner's sugar, butter, and milk. Pour over rolls when taken from oven.

Mrs. A. F. Jenzano

### BRAZILIAN BANANA TOASTS

$\frac{1}{2}$  tablespoon butter  
 1 tablespoon cornstarch  
 $\frac{3}{4}$  cup grated cheese  
 $1\frac{3}{4}$  cups milk

Salt to taste  
 1 teaspoon baking powder  
 White bread, sliced  
 Bananas

Melt butter, add cornstarch and cheese. When cheese is melted, stir in milk, continuing to stir until sauce thickens. Add salt to taste. Put sauce aside to cool and then add baking powder. Cut bread slices in round shapes with cookie cutter. Spread sauce on bread and arrange 3 thin, round banana slices on each piece of bread. Bake at 350° for a few minutes and serve immediately. A real bit of Brazil.

Mrs. E. P. Douglass

### MUNCHIES

1 package Cheerios (or substitute  
     other small, non-sweet prod-  
     ucts)  
 1 package Shredded Ralstons  
 1 can Chow Mein noodles (or  
     pretzels)

$\frac{1}{2}$  pound walnut meats  
 1 teaspoon onion salt  
 1 teaspoon celery salt  
 $\frac{1}{2}$  pound pecan meats  
 1 teaspoon garlic salt  
 $\frac{3}{4}$  pound butter or margarine

Toss together and bake 1 hour at 200°, tossing now and then. Cool and store tightly in glass jars.

Mrs. D. H. Buchanan

## TEA-TIME TOAST

 $\frac{1}{4}$  cup orange juice

Grated orange rind

 $\frac{1}{2}$  cup sugar

Spread on toast and run under broiler flame to bubble.

Mrs. R. C. Warren

## ORANGE TOAST

2 tablespoons soft margarine

2 tablespoons orange juice

2 tablespoons grated orange peel

 $\frac{3}{4}$  cup powdered sugar

Blend butter and orange peel. Work in juice and sugar alternately until smooth. Toast one side of slices of bread, spread other side with this mixture and toast under broiler briefly. Keep a jar of this in your refrigerator to serve when your neighbor drops in for coffee, or for a special family treat for breakfast—puts husbands in a wonderful mood for the day. And it's twice as good when the bread is homemade.

Mrs. C. A. Kirkpatrick

## QUICK FRENCH TOAST

Prepared pancake mix

Milk

Mix milk in prepared pancake mix until a fairly thin batter is obtained. Cut bread slices in two—and dip each piece into the batter for a few seconds. Fry in about half-inch shortening until brown—turn and brown other side. Serve hot with good maple syrup.

Mrs. Henry E. Royall

## SAUSAGE PINWHEELS

Pie pastry

Bulk sausage

Roll pie pastry into a rectangle. Spread bulk sausage very thinly over pastry and roll up like a jelly roll. Chill, slice and bake in 475° oven about ten minutes. Serve warm. These can be made a day ahead and sliced as needed. For variation, Smithfield Ham spread may be used.

Mrs. Olin T. Mouzon

## CHEESE PIES

1 package cream cheese

 $\frac{1}{4}$  pound butter $1\frac{1}{2}$  cups flour

Marmalade

Combine and mix well. Set in refrigerator to stiffen. Roll thin. Cut with biscuit cutter. Spread with the marmalade. Fold like pocketbook rolls. Bake in hot oven. Mrs. Pierson, who has a copy of Mrs. Connor's "written cookbook," frequently receives requests for these Cheese Pies which Mrs. Connor made famous.

Mrs. R. D. W. Connor

(Courtesy of Mrs. W. W. Pierson, Jr.)



---

### CHEESE DELIGHTS

- |   |                                     |
|---|-------------------------------------|
| 4 tablespoons butter                        | $\frac{3}{4}$ cup all purpose flour |
| 1 cup shredded sharp process cheddar cheese | Dash salt                           |
|   | $\frac{1}{4}$ teaspoon celery seed  |

Blend ingredients well. Form small balls. Place on ungreased cookie sheet and flatten with fork to make waffle design. Sprinkle with paprika, chill several hours. Bake in a hot oven (450°) for 8 to 10 minutes. Makes 1 dozen. Serve hot.

Mrs. L. L. Vine

### CHEESE BISCUITS

- |                           |                             |
|---------------------------|-----------------------------|
| 1 pound butter            | 1 pound flour (all-purpose) |
| 1 pound cheese (American) | 1 teaspoon red pepper       |

Cream butter and add grated cheese. Sift flour with red pepper and add. Make into balls the size of a whole nutmeg. Press a pecan half into the top of ball, which flattens it a little. Bake at 350° for 20 minutes. When very cool dust generously with powdered sugar. Excellent with coffee, or tea. Makes about sixty or more biscuits.

Mrs. Collier Cobb, Jr.

### CHEESE COOKIES

- |   |             |
|---|-------------|
| $\frac{1}{2}$ cup butter or oleo        | 1 cup flour |
| $\frac{1}{4}$ cup grated (sharp) cheese | 1 egg yolk  |

Mix with fingers. Roll out, cut small. Spread with egg white. Sprinkle with caraway seed. Bake at 375° for 10 minutes. Good served with cocktails.

Mrs. T. H. Darden

## BEVERAGES FOR COFFEE TEETOTALERS—OR JUST FOR A CHANGE:

### FRENCH CHOCOLATE

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2½ squares bitter chocolate | $\frac{3}{4}$ cup sugar          |
| Pinch of salt               | 1 teaspoon vanilla               |
| $\frac{1}{2}$ cup water     | $\frac{1}{2}$ cup cream, whipped |

Cook chocolate, salt and water together until smooth. Add sugar and cook five minutes longer. Cool and add vanilla, fold into whipped cream. Pile into serving dish. To serve place rounded tablespoon of mixture in cup, pour very hot milk over it. This is very nice to serve to groups which include children. Grownups go for it too. Serves 6 to 8.

Mrs. Reuben Hill

## TEA

**2 teaspoons tea**                       **$\frac{3}{4}$  cup sugar**

**$1\frac{1}{2}$  lemons—rind and juice**        **1 quart boiling water**

Mix tea, rind, juice and sugar and pour over it the boiling water. Let stand 2 hours, but remove lemon rinds after 20 minutes. Strain and serve hot or cold. This is a drink that is popular summer or winter.

Mrs. Gordon Blackwell

## DELICIOUS PARTY PUNCH

1 (6 ounce) can frozen orange or  
lemon juice

1 (6 ounce) can white syrup  
1 quart ginger ale

Empty one small can frozen orange or lemon juice into large pitcher. Fill can with syrup, and add to juice. Add 1 quart ginger ale and 1 tray ice cubes. Stir and serve immediately. Makes about 1½ quarts or about 8 servings.

Mrs. Graham R. Creel

FOR YOUR MORE AMBITIOUS ENTERTAINING:

## COFFEE FOR 100 PERSONS

8 cups ground coffee                      18 quarts water

Tie the coffee in thick cheese cloth bags, leaving plenty of room for coffee to swell. Let stand in the water for several hours. Bring slowly to boiling point and boil for 5 minutes. Remove the bags and keep hot for serving.

Mrs. Collier Cobb, Jr.

## SPICED CIDER

1/2 teaspoon cinnamon	4 cups water
1/2 teaspoon ginger	Juice of 2 lemons
1/2 teaspoon cloves	Juice of 2 oranges
1 to 1 1/2 cups sugar	1/2 to 1 gallon cider

Bring spices and sugar to boil in water, add juices and cider and simmer. Strain and serve hot or cold, depending on weather. Great for football days!

Mrs. E. P. Douglass

## RUSSIAN TEA

4 teaspoons whole cloves	10 teaspoons tea
4 teaspoons whole allspice	16 cups boiling water
4 cups sugar	12 oranges
16 cups cold water	2 or 3 lemons

Tie all spices in cloth and boil with sugar and water 3 minutes. Steep tea in boiling water for 5 minutes. Strain. Add to syrup. Add fruit juices. Serves 50.

Mrs. W. L. Sloan



## SECTION 2

# SOUPS

We freely admit that Messrs. Heinz, Campbell, et al. prepare most of the soups we serve. We couldn't and wouldn't try to get along without them and won't suggest that you compete on the good old standbys they do so excellently. However, we will bet our last crouton that you can't resist giving your can opener a rest and trying some of these different and exciting soup recipes. How many of these have you seen in a can?

### LEMON SOUP (Greek)

- |                                |                              |
|--------------------------------|------------------------------|
| 2/3 cups rice                  | Juice of 1 lemon             |
| 2 quarts chicken or beef broth | 1 clove of garlic (optional) |
| 2 eggs, separated              |                              |

Cook washed rice in broth till tender. Beat egg whites stiff, add well beaten yolks. Add lemon juice to eggs and then gradually 1 cup of broth, beating constantly. Pour egg mixture in the hot soup, stirring continuously and cook for 1 minute. Serve at once. Serves 8.

Mrs. Emil Chanlett

### FRENCH ONION SOUP

- |  |   |
|--|---|
| 4 large onions, cut in medium thick slices               | 1/4 cup minced parsley (canned parsley may be used) |
| 4 cups strained meat stock, or 2 cans condensed consommé | 4 tablespoons Parmesan cheese, grated               |
| 3 tablespoons butter or margarine                        | Salt and pepper to taste                            |

Sauté onions in a little fat, stirring until golden brown. Place in pan, add meat stock and simmer for 15 minutes. Add parsley, salt and pepper. Pour in heated individual casseroles or soup dishes over toasted bread cubes and sprinkle with cheese.

Mrs. R. H. Baker

### ITALIAN FISH SOUP

- |   |  |
|---|--|
| 3 tablespoons of salad oil                  | 2 1/2 teaspoons salt   |
| 1 large stalk of celery, chopped            | 1/4 teaspoon pepper  |
| 1 medium onion, minced                      | 1 pound of flaked, cooked fish (usually 1 can tuna and 1 can crabmeat) |
| 1/4 medium green pepper, minced             |  |
| 1 No. 2 1/2 can tomatoes, drained           | 1 5-ounce can cleaned, cooked shrimp                                   |
| 3 cups liquid—juice from tomatoes and water | 1/2 cup dry white wine   |
| 2 diced medium potatoes                     |  |
| 2 tablespoons minced parsley                |  |

In a deep kettle, pour 3 tablespoons of salad oil and sauté until tender chopped celery, minced onion, and minced green pepper. Add drained tomatoes, three cups of liquid, diced potatoes, minced parsley, salt and pepper. Bring mixture to boil, reduce heat, simmer 1/2 hour. Add and simmer about 10 minutes one pound of flaked, cooked fish, also shrimp.

Just before serving,  $\frac{1}{2}$  cup dry white wine may be added. Pour soup into tureen, sprinkle liberally with croutons and generous amount of grated Parmesan or Italian cheese.

Mrs. W. T. Burns

### CLAM CHOWDER

- |                      |                     |
|----------------------|---------------------|
| 6 strips bacon       | 2 large potatoes    |
| 3 bottles clam juice | 5 stalks celery     |
| 1 can tomato juice   | 3 large onions      |
| 2 teaspoons M.S.G.   | 5 carrots           |
| 1 teaspoon thyme     | 3 cans minced clams |

Brown cut up bacon, then add next four ingredients. Put next four vegetables through coarse side of meat grinder. Add all together—after this is cooked add minced clams for 5 minutes. Make this in a pressure cooker. If not thick enough add a little flour.

Mrs. L. L. Vine

### MINESTRONE

- |                              |                            |
|------------------------------|----------------------------|
| 2 cups dried kidney beans    | 2 tablespoons tomato sauce |
| 1 stalk celery               | 1 whole clove              |
| 1 small onion                | 1 teaspoon salt            |
| 1 clove garlic               | 1 teaspoon pepper          |
| 2 sprigs parsley             | 1 teaspoon Accent          |
| 1 small head of cabbage      | 1 cup elbow macaroni       |
| 1 zucchini                   | 2 beef bouillon cubes      |
| 2 tablespoons oil            | 2 cups boiling water       |
| 1 teaspoon rosemary or thyme | Grated parmesan cheese     |

Soak beans according to directions on package, drain and cook in 3 quarts of boiling water until tender when pierced with fork. Chop onion, celery, garlic, and parsley. Add rosemary and cook until golden in color in the oil. Add tomato sauce, cook five minutes. Add slivered cabbage, zucchini, clove, salt, pepper, Accent, beans and bean liquid. Add macaroni, water, and bouillon cubes during the last 12 minutes. Serve topped with parmesan cheese. Serves 8.

Mrs. A. F. Jenzano

### CHEESE SOUP

- |                           |                     |
|---------------------------|---------------------|
| 2 tablespoons of butter   | 1 can beef broth    |
| 2 tablespoons of flour    | 1 cup grated cheese |
| 1 $\frac{1}{2}$ cups milk | Salt and pepper     |

Make cream sauce out of butter, flour, and milk. Add beef broth and cheese, salt and pepper. Cut bread in small pieces and fry in butter. When ready to serve soup, use as croutons. Serves 6.

Mrs. W. W. Pierson, Jr.



## CREAM OF CHEESE SOUP

- |                           |   |
|---------------------------|---|
| 1 tablespoon minced onion | $\frac{1}{2}$ cup Wisconsin or any American |
| 2 tablespoons butter      | natural cheese, grated                      |
| 3 tablespoons flour       | 1 tablespoon parsley                        |
| 4 cups milk               | $\frac{1}{2}$ teaspoon salt                 |

Cook onion in butter 5 minutes, stir in flour and milk; cook until slightly thickened. Add cheese, stir until melted, add parsley, salt. This one comes straight from the dairies of Wisconsin!

Mrs. E. P. Douglass

## BAKER SOUP

- |                               |                         |
|-------------------------------|-------------------------|
| 1 No. 2 can tomatoes          | 1 teaspoon curry powder |
| 2 slices onion                | Dash of Tabasco sauce   |
| $1\frac{1}{2}$ teaspoons salt | 3 tablespoons butter    |
| $\frac{1}{4}$ teaspoon pepper | 3 tablespoons flour     |
| 1 bay leaf                    | 3 cups milk             |
| Pinch sweet basil             |                         |

Combine tomatoes, onion and seasonings and simmer 10 minutes. Make thin white sauce of butter, flour and milk. Strain tomato mixture through a sieve into white sauce and stir until blended. Serve hot. Bring on your cold nights!

Cream Soup a la Baker is a specialty of a famous restaurant. The recipe is a secret, but a little sleuthing produces the above—a superb cold weather soup which is hearty enough to be used as a main dish.

Mrs. E. P. Douglass

## POTATO SOUP

- |          |                     |
|----------|---------------------|
| Potatoes | Butter or margarine |
| Onions   | Salt and pepper     |
| Water    | Parsley             |

For a hearty soup on a chilly day, try this: Cook potatoes as you would for mashing—with about  $\frac{1}{3}$  the number of onions as potatoes. Whip on your electric mixer, add water they were cooked in, beat until smooth. Add a lump of butter or margarine, thin with milk until the consistency suits you. Add salt, pepper and parsley, heat thoroughly—and there you are. Proportions will vary from family to family—develop your own, but don't leave out the parsley—it just isn't the same.

Mrs. C. A. Kirkpatrick

## HERB CROUTONS

- |  |                                    |
|--|------------------------------------|
| 3 tablespoons butter                     | $\frac{1}{8}$ teaspoon onion salt  |
| 3 cups of $\frac{1}{4}$ inch bread cubes | $\frac{1}{8}$ teaspoon celery salt |

Melt butter, add bread cubes and sauté until golden brown. Sprinkle with onion salt and celery salt and stir until all sides of croutons are seasoned. Float croutons on top of any cream soup.

Mrs. F. W. Klingberg

NOTE: Mrs. George Bentley's Fish Courtbouillon in Section 4 can also be used as a soup.



## SECTION 3

# MEATS AND MAIN DISHES WITH MEAT

Because we have found a casserole dish to be the solution to many problems, we have concentrated heavily on them in this section as well as in the following ones which contain main dishes. Usually a casserole is almost a complete meal in itself, needing only salad, beverage, bread and dessert. A casserole prepared in the morning gives a housewife an opportunity for a mad, gay afternoon off, with the assurance that her hungry husband will be well and promptly fed when she arrives home—or even before her arrival if she sets the automatic control on her oven. When it's guests for dinner she can have her meal safely in the oven when the doorbell rings, allowing her to visit with her guests instead of merely extending a hurried and greasy hand of welcome before dashing back to the kitchen to stir the gravy. And this type of dish is a real blessing for football entertaining when hostess and guests arrive hungrily and simultaneously on the doorstep after the game. We dare you NOT to find at least one new favorite in this collection.

See Section 14, FOOTBALL FAN FARE, for the following recipes:

Beef Casserole  
Chile

### BAKED HAM

Sauce:

$\frac{1}{4}$  cup prepared mustard  
 $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup smooth peanut butter

Place ham fat side up in roaster, and, allowing about 25 minutes per pound, bake at 300° uncovered. After ham has baked for about half the required time, remove it from the oven. Make a sauce, using grease from the bottom of the roaster. To this, add the above ingredients. Take the skin off the ham, and spread the mixture on the fat. Insert cloves in about every  $\frac{1}{2}$  inch of the ham, and continue baking, basting every 15 minutes with drippings.

Mrs. H. A. Bierck

### HAM AND SCALLOPED POTATO CASSEROLE

$1\frac{1}{4}$ quarts raw potatoes, sliced very thin (about six medium potatoes)	1 to $1\frac{1}{4}$ teaspoons salt
$\frac{1}{4}$ cup flour	Few grains pepper
	$2\frac{1}{2}$ tablespoons butter
	1 slice uncooked ham ( $1\frac{1}{4}$ lbs.)
	$1\frac{1}{2}$ cups milk

Spread about one-half of the potatoes in loose overlapping fashion in a buttered baking dish, about  $2\frac{1}{2}$  quart capacity. Sprinkle with three-

fourths of the flour, salt, and pepper. Reduce amount of salt, if ham is quite salty. Dot with 1 tablespoon butter. Place the ham, cut in serving pieces, on top. Cover with remaining potatoes. Sprinkle with remaining flour, salt, and pepper, and dot with remaining butter. Pour milk over the top. Cover and bake in a moderately hot oven (350°) for 30 minutes. Uncover and bake 40 minutes longer, or until tender. Four to six servings.

Mrs. J. M. Galloway

### HAM ASPARAGUS ROLLS

Roll 3 canned asparagus spears (4 if small) in each slice of cold boiled ham, and fasten with tooth picks. Place in a shallow pan about 2 inches deep. Pour cheese sauce over ham rolls and bake in a 400° oven until lightly browned. Allow 2 rolls for a serving.

Cheese sauce:

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	1 dash red pepper
$\frac{1}{2}$ tablespoon prepared mustard	1 dash paprika
$1\frac{1}{2}$ cups milk	1 tablespoon onion juice
$\frac{1}{2}$ pound freshly grated cheese	1 tablespoon Worcestershire sauce

Melt butter in a saucepan over low heat. Add flour and stir until well blended. Remove from heat, and gradually stir in milk and prepared mustard, and return to heat. Cook, stirring constantly. When mixture begins to thicken, add cheese and seasonings, and continue to stir until thick and smooth. If there is more sauce than needed for ham rolls, store in the refrigerator in a covered container, after the sauce is cold.

Mrs. C. H. McGregor

### HERB BROILED LAMB CHOPS

Brush chops with oil, sprinkle with rosemary, and allow to stand at least an hour before cooking. To broil, arrange chops on unheated rack and place in preheated broiler with surface of meat about 2 inches from source of heat. When brown, season with salt and pepper, turn and brown on other side. Allow 12-15 minutes for chops 1 inch thick.

Mrs. F. W. Klingberg

### CASSEROLE OF SWEETBREADS

This is a delicious luncheon dish, and contrary to popular belief, is neither hard to make nor expensive. To prepare sweetbreads, wash and soak in cold salted water for about 1 hour. Drain and put into boiling water, to which  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{2}$  teaspoon vinegar have been added. Simmer for 20 minutes. To keep meat white and firm, plunge immediately into very cold water and let remain about 5 minutes or until cool. Drain



and remove membrane, and break up into small pieces. Whole sweetbreads may be refrigerated and kept for 2 or 3 days until used.

To make this casserole, you will need:

1 pound of above boiled sweet-	$\frac{1}{4}$ teaspoon white pepper
breads	$\frac{1}{2}$ cup bread crumbs
1 can condensed mushroom soup	$\frac{1}{4}$ stick butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon paprika

Place soup in saucepan, add sweetbreads, salt, pepper and  $\frac{1}{8}$  stick butter. Heat until butter is melted and blend ingredients thoroughly. Pour into greased casserole and top with buttered crumbs, remaining butter, and sprinkle with paprika. Bake in a moderate oven ( $350^{\circ}$ ) for  $\frac{1}{2}$  hour. This provides 4 generous servings.

Mrs. Matt L. Thompson

### "PIG IN A POKE"

1 pound link sausage	1 cup milk
2 large eggs	$\frac{1}{2}$ teaspoon salt
	1 cup sifted flour

Arrange sausages evenly in oblong casserole (7"x11") or heavy 10" round skillet. Correct size of baking dish is very important. Then heat in a hot oven for about 10 minutes to partially cook and fry out some of the fat. Meanwhile, make up the Yorkshire Pudding Batter as follows:

Beat the eggs well in a mixing bowl. Add the milk, sifted flour and salt. Then beat thoroughly with a rotary beater. Take casserole or skillet of sausages out of the oven. Pour off half the fat, leaving it about  $\frac{1}{8}$ " deep in the pan. Pour Yorkshire Pudding Batter into hot fat around the browned sausages. Bake 10 minutes in a very hot oven ( $475^{\circ}$ ), then reduce temperature to  $350^{\circ}$ , and bake about 25 to 30 minutes more. Top of pudding should be puffed and crisp when done; some of inside will be moist, almost "doughy." Serve at once, cutting into oblong or wedge-shaped pieces, then loosening with a wide spatula. About 6 servings. This, served with a crisp salad makes a delicious meal.

Mrs. E. M. Adams

### BARBECUED SPARERIBS

1 tablespoon chili powder	1 teaspoon paprika
1 tablespoon salt	2 pounds spareribs, cut in serving pieces
1 tablespoon celery seed	$\frac{1}{2}$ cup vinegar
$\frac{1}{4}$ cup brown sugar	1 1-pound can tomato soup

Mix together first 5 ingredients and rub over spareribs. Broil on each side 8 minutes with meat about 3 inches from heat. Place in roasting pan so meat forms own rack. Mix vinegar and soup and pour over ribs. Bake at  $350^{\circ}$  for  $1\frac{1}{2}$  hours, basting every 30 minutes. Serves 4.

Mrs. Miles Fitch

### BARBECUED FRANKS

1 medium sized onion, chopped	1 teaspoon paprika
3 tablespoons salad oil	1/2 cup catsup
1 tablespoon sugar	1/2 cup water
1 teaspoon dry mustard	1/4 cup vinegar
1/4 teaspoon salt	1 tablespoon Worcestershire sauce
1/4 teaspoon pepper	2 teaspoons chili powder
	12 frankfurters

Lightly brown onions in oil. Add all other ingredients except franks and simmer 15 minutes. Put franks in shallow baking dish (uncooked), pour sauce over them and bake, uncovered, for 30 minutes at 375°.

Sauce can be made at least a day ahead and stored in the refrigerator until time to cook the franks. An easy dish to serve a crowd with baked beans, slaw, relishes, and dessert.

Mrs. C. A. Kirkpatrick

### BROILED STUFFED FRANKFURTERS

For 12 to 14 frankfurters, combine the following:

2 cups bread cubes	Some pepper and sage
1 tablespoon chopped onion	2 tablespoons melted fat
1/2 teaspoon salt	Milk or water to moisten

Split franks lengthwise, not through. Brush with mustard and fill with dressing. Wrap with partially cooked bacon and fasten with toothpicks. Broil 6 minutes.

Mrs. E. P. Douglass

### BARBECUED LAMB

1 leg of lamb or a rolled lamb shoulder (about 6 pounds)	1 cup tomato catsup
Pepper	1 tablespoon Worcestershire sauce
Salt	1 cup water
Flour	2 large onions
	Garlic (optional)

Wipe the meat with a damp cloth. Rub with garlic, salt, pepper, and flour. Place meat in a roasting pan. Slice onions around it. Mix the catsup, water, and Worcestershire sauce together and pour over the roast. Cover the roaster and bake in a 325° oven for 3 hours (or 30 minutes per pound). Baste with the sauce every 30 minutes. Remove the cover from the roaster after the last basting.

A boned roast will serve 1 person per 2/3 pound. The leg of lamb not boned will serve only 1 person per pound. This is delicious served with scalloped potatoes, green peas, tossed salad, and corn muffins.

Mrs. Wm. Alexander



### ESCALLOPED POTATOES AND PORK CHOP CASSEROLE

- |   |                          |
|---|--------------------------|
| 10 large potatoes, peeled and sliced thin | 2 teaspoons parsley      |
| 1 medium onion chopped fine               | $\frac{1}{4}$ cup flour  |
| 2 slices green pepper chopped fine        | Salt and pepper          |
|   | $\frac{1}{8}$ cup butter |

After soaking potatoes in cold water, place layer of potatoes in large greased casserole. Add a little of all above ingredients, then another layer of potatoes and other ingredients, until all is in casserole. Cover with whole milk to which has been added  $\frac{1}{4}$  cup evaporated milk. Bake at  $425^{\circ}$  for  $\frac{1}{2}$  hour. Remove from oven and place 5 pork chops over top. Salt and pepper and add  $\frac{1}{4}$  cup milk if casserole is at all dry. Bake for  $\frac{1}{2}$  hour, then turn pork chops and continue baking for  $\frac{1}{2}$  hour or longer. If casserole is browning too much, lower heat.

Mrs. H. A. Bierck

### PORK CHOPS IN SPANISH RICE CASSEROLE

Pork chops also go well in a Spanish rice casserole. Place chops in bottom of baking dish, add raw rice, chopped onions, celery, green pepper, salt, and pour canned tomatoes over all. Bake covered for about  $1\frac{1}{4}$  hours at  $350^{\circ}$ .

Mrs. Olin T. Mouzon

### CORNERD BEEF CASSEROLE

- |   |                                   |
|---|-----------------------------------|
| 1 8-ounce package noodles   | 1 cup milk                        |
| 1 12-ounce can corned beef, diced                                   | $\frac{1}{2}$ cup chopped onion   |
| $\frac{1}{4}$ pound American cheese, diced                          | $\frac{3}{4}$ cup buttered crumbs |
| 1 $10\frac{1}{2}$ - or 11-ounce can condensed cream of chicken soup |                                   |

Cook noodles in boiling, salted water until tender; drain. Add corned beef, cheese, soup, milk, and onion. Pour into greased 2-quart casserole. Top with buttered crumbs. Bake in moderate oven ( $350^{\circ}$ ) 45 minutes. Serves 8 to 10.

Mrs. Raymond Knight

### SLOPPY JOE HAMBURGER

- |                                 |                              |
|---------------------------------|------------------------------|
| $1\frac{1}{2}$ pounds hamburger | 2 tablespoons chopped onion  |
| 1 bottle chili sauce            | 2 tablespoons chopped celery |

Brown onion and celery in butter; add beef and brown. Add chili sauce and salt and pepper to taste. Cook over very low flame  $1\frac{1}{2}$  hours, adding  $\frac{1}{4}$  cup water if mixture gets dry. Serve on warm buns.

Mrs. E. P. Douglass

## MEAT LOAF

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 pound ground veal               | 1 cup canned tomatoes          |
| ½ pound ground pork               | 1 egg                          |
| 1 cup soft bread crumbs           | 2 teaspoons salt               |
| ½ cup evaporated milk (undiluted) | ¼ teaspoon pepper              |
|                                   | 3 slices bacon for top of loaf |

Mix into loaf and pour ½ cup hot water in pan and bake until well done, or about 45 minutes.

Mrs. Hugh Holman

## SAVORY SPAGHETTI AND MEAT BALLS

- |                                |                                  |
|--------------------------------|----------------------------------|
| ¾ cup chopped onion            | 1 teaspoon salt                  |
| 1 clove garlic, minced         | 1 can tomato sauce               |
| 4 tablespoons oil or drippings | 1 cup water                      |
| 1 pound ground beef            | ¼ teaspoon pepper                |
|                                | 2 teaspoons Worcestershire sauce |

Lightly brown onion and garlic in hot oil. Add salt to meat, mix lightly. Form into small balls and brown in pan with oil. Then add rest of ingredients. Cover pan and simmer 40 minutes. Pour over hot spaghetti (8-ounce package) and sprinkle with grated cheese. Serves 4.

Mrs. G. R. Creel

## ITALIAN DELIGHT CASSEROLE

- |   |                         |
|---|-------------------------|
| 1 pound ground beef                     | 1 can whole kernel corn |
| ½ pound ground pork                     | 1 can tomato soup       |
| 8 ounce package noodles                 | 1 can tomato paste      |
| 2 onions                                | 6 ounces grated cheese  |
| Paprika, cayenne, salt, pepper to taste |                         |

Boil noodles (not too soft), drain; fry onions, then meat in olive oil. Add all ingredients, reserving some cheese for topping. Bake at 350° for 45 minutes to 1 hour. Serves 10. An excellent substitute for spaghetti, and needs only a green salad to complete the meal.

Mrs. F. W. Klingberg

## NOODLE GOULASH

- |   |                                  |
|---|----------------------------------|
| 1 pound ground pork, beef and veal<br>(or 1 pound pork or beef alone) | 1 8- or 12-ounce package noodles |
| 2 small onions, minced  | 1 can condensed tomato soup      |
| 1 cup diced green pepper  | ¾ cup shredded cheese            |
| 2 cups diced celery   | 1 teaspoon salt                  |
|   | Dash of pepper                   |

Cook meat until browned in 1 tablespoon hot fat. Add onions, celery, and green pepper and cook 10 minutes. Gently mix in drained hot boiled noodles, and other ingredients. Place in buttered casserole and bake 45 minutes at 350°. About 8 servings.

Mrs. K. R. Davis



## SPANISH NOODLES

- |                           |                           |
|---------------------------|---------------------------|
| 2 slices bacon            | 1 onion                   |
| 1/2 pound ground beef     | 1 No. 2 1/2 can tomatoes  |
| 1 6-ounce package noodles | 1/2 cup chili sauce       |
| 1 green pepper shredded   | Salt and pepper to season |

Cut bacon in small pieces and cook until crisp, then add meat and cook until lightly browned. Add rest of ingredients, cover closely and cook with burner turned high. When steam comes from cover, turn burner low and cook 35-40 minutes. Do not stir, and do not remove the cover until done. If you prefer, this may be cooked in casserole in oven at 350° for 1 hour. This is good served with buttered rye bread and a tossed salad.

Mrs. Henry T. Clark, Jr.

## CORNBREAD CASSEROLE

- |                          |                                    |
|--------------------------|------------------------------------|
| 1 pound ground beef      | 1 teaspoon Worcestershire sauce    |
| 1/3 cup chopped onion    | 1 cup canned tomatoes              |
| 1 tablespoon cooking oil | 1 cup drained canned kidney beans  |
| 2 teaspoons chili powder | 1 cup cornbread batter (1/2 stand- |
| 3/4 teaspoon salt        | ard recipe, or 1/2 package mix)    |

Brown meat and onion in oil. Add seasonings and tomatoes and simmer, covered, for 15 minutes. Add kidney beans. Pour into greased casserole and top with cornbread batter. Bake in hot oven (400°) for 20 minutes. Whenever adding a topping of this sort, as in meat pies, be sure your mixture is piping hot, so the topping will not be soggy. You can make up the full cornbread recipe and bake the rest in a square to serve along with the casserole. Serve this in big bowls, as it is a little juicy.

Mrs. C. A. Kirkpatrick

## MOCK ENCHILADAS

- |                       |                                  |
|-----------------------|----------------------------------|
| 1 pound ground beef   | 1 No. 1 can chili con carne with |
| 2 tablespoons fat     | beans (2 cups)                   |
| 1/3 cup chopped onion | 1 1 1/2-ounce package corn chips |
| 1 teaspoon salt       | 1/2 pound American cheese, diced |
| 1/4 teaspoon pepper   | Chili powder, optional           |

Brown meat in hot fat. Add onion, and cook until golden. Season with salt and pepper. Add chili con carne. Place layer of corn chips in greased 1 1/2-quart baking dish. Alternate layers of chili con carne mixture, corn chips, and cheese. Bake in 350° oven about 20 minutes. Serves 4-6.

Mrs. Olin T. Mouzon

## CHILI CON CARNE

- |                                  |                               |
|----------------------------------|-------------------------------|
| 4 pounds beef, cubed or coarsely | 2 large onions                |
| ground                           | 1 teaspoon oregano            |
| 4 to 8 dry red peppers           | 1 teaspoon camino seed        |
| 4 cloves garlic                  | 1/2 large bottle chili powder |
|                                  | 3 to 4 cups pinto beans       |

Sauté chopped onions, add beef and cook slowly for 15 minutes. Add chopped garlic, peppers and remaining ingredients. Cover with two or three quarts of hot water and cook slowly for several hours. If chili is too thin, flour may be added to thicken. Salt to taste. Serves 16.

Mrs. Miles Fitch

(Courtesy of Mrs. E. L. Dorn, Texas)

### REAL CHILI

2 pounds ground beef	2 teaspoons chili powder
1 teaspoon paprika	2 cups water
1 clove garlic cut fine	2 cups canned tomatoes
2 teaspoons salt	1 cup chopped onion
4 tablespoons shortening	2 tablespoons chopped green pepper

Brown the meat, onion, green pepper in the shortening, and add water and tomatoes. Add seasonings. Cover and cook for 30 minutes, then simmer until it is of the right consistency. This is delicious with hot dogs. Yields 8-10 servings.

Mrs. G. R. Creel

### HOT TAMALES PIE

6 cups boiling water	1 onion chopped
2 cups cornmeal	1/2 green pepper chopped
2 tablespoons cooking fat	2 cups canned tomatoes
1 pound hamburger	Salt and pepper to taste
	1/2 to 1 tablespoon chili powder

Stir cornmeal slowly into rapidly boiling water and cook 15 minutes. Brown hamburger, onion and green pepper in hot fat. Add tomatoes and seasoning. Simmer 10 minutes. Fill well greased baking pan with alternate layers of mush and meat mixture. Bake at 400° for 20 minutes. This one really comes from the Indians!

Mrs. E. P. Douglass

### TELEVISION CHOW MEIN

1 pound ground round steak	1 green pepper cut fine
1 cup chopped onion	2 cups canned tomatoes
1 cup chopped celery	1 cup washed rice
	Salt and pepper

Sear meat in 2 tablespoons fat. Sprinkle over this the onion, celery, green pepper, salt and pepper. Pour over this the tomatoes, add uncooked rice, and cover tightly. Cook high 5 minutes, turn burner to low and cook 10 minutes. Turn burner off and let set for 1 hour. Do not open top until time is up. For this you will need fairly heavy pan with tight fitting cover.

Mrs. J. T. Gobbel



## STUFFED PEPPERS ITALIENNE

1 $\frac{3}{4}$ pounds ground beef	Salt and pepper
3 $\frac{1}{2}$ minced onions	Oregano
1 can tomatoes (2 $\frac{1}{2}$ cups)	2 $\frac{1}{2}$ cups soft bread crumbs
	Green peppers

Brown ground beef and onions in a little salad oil. Add tomatoes and season well to taste with salt, pepper, and oregano. Simmer mixture about 30 minutes and add bread crumbs, mixing well. Cut peppers in half lengthwise and take out seeds. Cook 3 minutes in boiling salt water and drain well. Fill with tomato and meat stuffing. Arrange in baking pan and bake in moderate oven (350°) until peppers are tender and stuffing brown on top. Takes about 30 minutes. Serve immediately. Serves 8 nicely, and with cole slaw, hot rolls, pickles, olives, etc., makes a complete buffet party.

Mrs. Walter Pupa

## STUFFED GREEN PEPPERS

8 pounds cooked corned beef hash	6 tablespoons chopped onions
(canned may be used)	2 cups chili sauce
	16 large green peppers

Mix hash, onion, and chili sauce. Cut peppers into thirds, remove seeds and hard membrane and wash. Fill each section with hash mixture. Place in a single layer in shallow pan with  $\frac{1}{4}$  inch water in bottom. Bake in moderate oven (350°) for 30 minutes. Serves 48.

Mrs. C. F. Brown

## INDIAN CURRY

4 apples	$\frac{1}{2}$ pound cold roast meat or ground
3 onions	uncooked beef
4 ounces raisins	1 tablespoon shortening
$\frac{1}{2}$ to 1 tablespoon curry powder	1 tablespoon vinegar

Dice apples, onions and meat and cook 30 minutes in shortening and vinegar, adding some beef stock (bouillon cube) or a little milk if you want it less dry. Add curry powder and raisins and mix well. Serve over rice, with all or any of following garnishes in separate side dishes: coconut, bananas, peanuts, chutney, relish, pineapple, raisins, and walnuts. This is well worth trying, and is easy to prepare ahead of time for large groups of people.

Mrs. E. P. Douglass

## MARJORAM TOKANY

## A National Hungarian Beef Stew

5 onions chopped	Dash of marjoram
6 tablespoons butter	1 clove garlic

2 pounds beef  
Salt and pepper

$\frac{3}{4}$  cup white wine  
 $\frac{1}{2}$  pound bacon  
2 cups sour cream

Brown onions in butter, add meat cut into long strips, season with salt, pepper, marjoram and garlic. Add white wine and stew until meat is nearly tender. Add browned bacon and sour cream, and continue cooking until meat is tender.

Mrs. Emil Chanlett

### HUNGARIAN GOULASH

1 leg of veal, cut into 1-inch cubes,  
or veal stew meat  
6 medium onions  
1 clove garlic

1 can tomato paste  
3 cans consommé  
Paprika  
 $\frac{1}{2}$  teaspoon caraway seeds  
Salt and pepper

Have butcher remove all the skin and bone from leg of veal, saving the bones. Cut meat into one-inch cubes, discarding any fat. Rub the cubes thoroughly with paprika, the amount depending on the strength. Do not be afraid to use a lot. Brown the chopped onion in a small amount of salad or olive oil. Remove onion, and brown the meat. Add the consommé, browned onion, and bones, if you used the leg of veal, and cover. Simmer over a low fire for two hours. Just before you serve, put in caraway seeds, and salt and pepper if needed. If you have a gourmet powder, such as Accent, put in a teaspoonful. Serve with noodles.

This dish can be prepared ahead of time and warmed at the last minute. If you do this, wait to add the caraway seeds.

Mrs. Kay Kyser

### BARBECUE SAUCE

1 tablespoon melted butter  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  teaspoon paprika  
3 teaspoons sugar  
 $\frac{1}{2}$  teaspoon pepper  
1 teaspoon chili powder

1 teaspoon garlic salt  
1 teaspoon dry mustard  
4 teaspoons Worcestershire sauce  
 $\frac{1}{4}$  teaspoon Tabasco sauce  
 $\frac{1}{4}$  cup catsup or tomato soup  
3 tablespoons vinegar

Heat ingredients together, and use as desired over pork chops, chicken, wieners or hamburgers. If used with chops or chicken, brown first, and cook till done in sauce.

Mrs. R. H. Baker

### MEAT SAUCE

$1\frac{1}{2}$  pounds chopped meat  
1 tablespoon cooking oil  
1 large grated onion  
3 cloves garlic

4 cans tomato sauce  
1 can tomato paste  
1 tomato paste can of water  
Pinch of oregano

Sauté meat in hot oil, add seasonings and onions. Add tomato paste and water. Simmer for 1 to  $1\frac{1}{2}$  hours.

Mrs. L. L. Vine



## SPAGHETTI SAUCE

1 pound ground round steak	1 bottle chili sauce
2 onions chopped	$\frac{1}{4}$ cup catsup
$\frac{1}{2}$ bunch celery, chopped	2 fresh tomatoes
1 green pepper, chopped	Dash tabasco sauce
1 can tomato soup	Small amount garlic
1 can mushrooms	Salt and pepper to taste

Cook onions, celery and peppers in small amount of water until tender. Brown meat in separate pan and add to above, then add soup, chili, catsup, mushrooms, tabasco sauce, garlic, salt and pepper and fresh tomatoes. Cook in double boiler for 2 hours.

Mrs. Gordon Blackwell

## SECTION 4

# SEAFOOD

In a coastal state it's not surprising to find interest and pride in good seafood and in good seafood cooking. Some of our recipes have originated in other sections of the country, but they all bear the Carolina seal of approval.

Since many people either adore or abhor seafood, you might check with your guests before serving it to determine to which school of thought they belong. It may save both of you some embarrassment, and there's no use wasting our good Carolina shrimp on a reluctant consumer.

See Section 8 for seafood salads.

See Section 14, FOOTBALL FAN FARE, for the following recipes:

Shrimp Newburg  
Escalloped Oysters  
Oyster Sandwiches

### SHRIMP CREOLE

Before attempting any creole cooking, one must master the art of making a ROUX. The ROUX is the secret of all real creole recipes. This is simply the browning of flour in fat until it is as smooth as velvet and brown as autumn leaves. For best results use an iron pot (a skillet is fine) and cook over medium heat.

1/3 cup fat	1/2 cup celery, chopped
1/3 cup flour	1 clove garlic, chopped fine
1 pound shrimp	1/4 cup green pepper, chopped
1/2 cup onions, chopped	1/2 can tomato paste for color
	1/2 can whole tomatoes with juice

Peel and remove veins of raw shrimp. Make a Roux by stirring fat and flour in skillet until smooth and brown. Add onions, celery, garlic and green pepper and sauté for about five minutes. Add and cook for ten minutes the tomato paste and whole tomatoes. Season with salt, black pepper and cayenne pepper to taste. Add uncooked, peeled shrimp and cook for fifteen or twenty minutes. If necessary, thin with tomato juice.

Serve over cooked rice with a tossed salad, garlic bread, and a light lemon dessert.

Mrs. George F. Bentley  
New Iberia, La.

### SHRIMP AND OYSTER GUMBO

1/4 cup fat	1/2 cup celery, chopped
1 can mixed okra and tomatoes	2 cups stock
1/2 cup onions, chopped	1 pound shrimp, uncooked
1 clove garlic, chopped fine	1/2 pint oysters

Peel and remove veins from raw shrimp. Use a heavy saucepan (a pressure cooker is ideal). Cook fat, okra and tomatoes, onions, garlic



and celery over medium heat, stirring often to prevent sticking. Cook until okra stops stringing. Add stock and bring to a boil. Add uncooked shrimp and cook for 15 or 20 minutes. Season with salt, black pepper and cayenne to taste.

Add oysters and cook until the oysters are plump (about three minutes). Serve in soup bowls over rice with garlic bread and green salad. This is a very simple meal-in-one dish, which is delicious and definitely typical of Southwest Louisiana.

Mrs. George F. Bentley

### CHICKEN AND OYSTER GUMBO

(Without Okra)

$\frac{1}{2}$ cup bacon drippings	$\frac{1}{2}$ cup onions, chopped
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup celery, chopped
1 clove garlic, chopped fine	table)
$\frac{1}{4}$ cup green pepper	$1\frac{1}{2}$ cups chopped, cooked chicken
2 cups stock (chicken or vege-	$\frac{1}{2}$ pint oysters

Make a ROUX by mixing fat and flour and cooking and stirring over low heat until smooth and brown in heavy pot. Add onions, celery, garlic, and green pepper to Roux and sauté about five minutes. Add stock and bring mixture to a boil. Add chopped, cooked chicken and oysters and cook until oysters are plump (about three minutes). Season with salt, black pepper and cayenne to taste. Serve in soup bowls over rice. Sprinkle with ground sassafras.

Note: The really good connoisseurs of creole cooking tell us that a ROUX must cook long and slowly for best results.

Mrs. George F. Bentley

### FISH COURTOUILLON

$\frac{1}{3}$ cup fat	1 clove garlic, chopped fine
$\frac{1}{3}$ cup flour	$\frac{1}{4}$ cup green pepper
$\frac{1}{2}$ cup onions, chopped	$\frac{1}{2}$ can tomato paste for color
$\frac{1}{2}$ cup celery, chopped	$\frac{1}{2}$ can tomatoes (whole) with juice
	Fish, whole or in pieces

Make a ROUX by mixing fat and flour and cooking while stirring over low heat until it is smooth and brown. Add onions, celery, garlic, and pepper and sauté for about five minutes. Add tomato paste and tomatoes with juice and simmer for ten minutes. Place fish in the pot and allow it to cook slowly until done (about 15 or 20 minutes).

Season with salt, pepper and cayenne to taste. The "taste" down here is a bit hot, which is "just right." Serve over rice. If you wish to serve as a soup, thin with vegetable stock.

Mrs. George F. Bentley

### SHRIMP CREOLE

1 medium-sized onion, chopped	$\frac{1}{8}$ teaspoon cayenne pepper
2 tablespoons butter	$\frac{1}{4}$ teaspoon thyme

- |                              |                             |
|------------------------------|-----------------------------|
| 1 can Cream of Mushroom soup | 1 bay leaf                  |
| $\frac{1}{2}$ cup water      | 2 pimientos, chopped        |
| $\frac{1}{2}$ teaspoon salt  | 1 teaspoon parsley, chopped |
|                              | 2 cups cooked shrimp        |

Sauté onion in melted butter in skillet 3 minutes, add Mushroom soup, stir in water gradually, cook until thickened, stirring constantly. Add seasonings, pimientos and shrimp and cook 5 minutes. Remove bay leaf. Serve over rice.

Mrs. Lawrence F. London

### ONION SHRIMP CASSEROLE

- |                             |                                    |
|-----------------------------|------------------------------------|
| 18 small onions             | 1 cup cooked shrimp                |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{2}$ cup shredded almonds |
|                             | 1 can Cream Mushroom soup          |

Cook onions until tender. Add salt. Place onions in baking dish. Add mushroom soup, shrimp, and almonds. Bake in moderate oven about 20 minutes.

Mrs. Roy Armstrong

### CURRIED SHRIMP AND OYSTERS

- |                          |                               |
|--------------------------|-------------------------------|
| 5 tablespoons butter     | $\frac{1}{4}$ teaspoon salt   |
| 5 tablespoons flour      | $\frac{1}{4}$ teaspoon pepper |
| 2 teaspoons curry powder | 1 pint oysters                |
| 1 teaspoon dry mustard   | 3 cups of cleaned shrimp      |
| 2 cups of rich milk      | (Minced onion may be added)   |

Melt butter and add dry ingredients. Add milk slowly and cook over a low heat until smooth and of the right thickness. Heat oysters in a separate pan until the edges begin to curl slightly. Add to white sauce; add shrimp last of all and heat in double boiler until thoroughly hot. Serve over fluffy rice or a combination of brown and wild rice. Will serve six.

Mrs. W. P. Richardson

### MINCED OYSTERS

For  $\frac{1}{2}$  dozen shells—one pint of oysters cut up very fine and seasoned with:

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| $\frac{1}{8}$ pound butter          | $\frac{1}{4}$ teaspoon mustard  |
| $\frac{1}{4}$ teaspoon black pepper | Grated nutmeg, red pepper, salt |

Into this mixture break 2 raw eggs. Put on fire and stir constantly until it boils. Then thicken with browned bread crumbs. Put in shells with bread crumbs on top and a small piece of butter on each. Place in oven and brown lightly. Serve very hot. Celery or celery seed is an improvement. This dish can be prepared in the morning and browned just before serving.

Mrs. Gordon Blackwell



### BAKED CRABMEAT AND SHRIMP

1 medium-sized green pepper, chopped	1 5 $\frac{3}{4}$ -ounce can shrimp, cleaned
1 medium-sized onion, chopped	$\frac{1}{2}$ teaspoon salt
1 cup chopped celery	$\frac{1}{8}$ teaspoon pepper
1 6 $\frac{1}{2}$ -ounce can crabmeat, flaked	1 teaspoon Worcestershire sauce
	1 cup mayonnaise
	1 cup buttered bread crumbs

Combine ingredients, except bread crumbs. Place in individual greased ramekins. Sprinkle with buttered bread crumbs and bake in a moderate oven (350°) for 30 minutes or until nicely browned. This may also be baked in a greased casserole. Serves 6. Fresh cooked crab and shrimp may be used in place of the canned.

Mrs. C. H. McGregor

### QUICK INDIVIDUAL CRAB CASSEROLES

Alternate:

1 layer crushed saltines

1 layer canned crabmeat, until each individual casserole is full

Add: 1 teaspoon Worcestershire sauce in each casserole

1 teaspoon A-1 sauce in each casserole

Pour milk until it covers other ingredients. Place grated cheese on top. Run in oven until cheese melts and mixture puffs. Serve immediately. Takes about ten minutes to prepare and cook.

Mrs. John M. Foushee

### CRAB IMPERIAL

$\frac{1}{2}$ chopped green pepper	$\frac{1}{4}$ pound melted butter
1 tablespoon parsley	1 beaten egg
2 teaspoons dry mustard	1 tablespoon mayonnaise
1 pound lump crabmeat	Salt and pepper to taste

Add ingredients in the order given. May be baked in casserole or individual ramekins. Frost with mayonnaise. Bake at 350° for 30 minutes. This recipe comes from Baltimore's famous seafood establishments. Serves 4-6.

James E. King  
(Courtesy Mrs. Frank Klingberg)

### DELAWARE DEVEILED CRAB

1 pound crabmeat (lump preferred)	2 tablespoons flour
1 cup fine dry bread crumbs	1 tablespoon prepared mustard
4 tablespoons melted butter	$\frac{3}{4}$ teaspoon dry mustard
$\frac{3}{4}$ cup milk	$\frac{3}{4}$ teaspoon salt
	Cayenne pepper (I like tabasco)

Look over crabmeat for bits of shell. Mix  $\frac{1}{2}$  cup crumbs with 2 tablespoons butter. Spread a few drops of butter in each ramekin or crab

shell. Blend remaining butter with flour, salt, pepper, prepared and dry mustard. Add the milk and cook until it thickens. Cool the mixture. Toss the crabmeat with the remaining crumbs, adding the sauce. Stir as little as possible so that it will be light in texture. Using two forks, pile mixture loosely on the shells. Sprinkle with the buttered crumbs. Keep in refrigerator until time to heat. Place in moderate oven (400°) for about 15 minutes. Serves 6.

Mrs. A. T. Miller, Jr.

### DEVILED CRABS

2 cups bread crumbs	2 teaspoons salt
2 cups crabmeat	1 dash cayenne
1 cup milk	1 dash dry mustard
1/4 cup melted butter	Crab shells

Mix crabmeat with crumbs which have been moistened with milk; season with mustard, salt, pepper, and melted butter. Onion juice may be added if desired. Mix well. Fill shells with mixture and sprinkle bread crumbs lightly on top. Dot with butter. Brown quickly in hot oven (500°). Serve piping hot. Will serve 6.

Note: To vary substitute tomato juice for milk.

Mrs. O. David Garvin

### SPAGHETTI CRABMEAT (OR SHRIMP) RING

1 8-ounce package spaghetti	1/2 chopped green pepper
3 eggs, beaten	3 tablespoons minced onion
1 can mushrooms (sliced or button)	1 tablespoon Worcestershire sauce
1 8-ounce can tomato sauce	1 cup grated American cheese
3/4 cup milk	1 teaspoon salt
	1/2 teaspoon pepper

Cook spaghetti and drain. Add remaining ingredients to spaghetti and mix. Bake in well-greased 9-inch ring mold in moderate oven (350°) for one hour or until firm.

Unmold and fill with creamed crabmeat:

1 large can lump crabmeat	3 cups well-seasoned white sauce
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This recipe serves 6-8 people. Good with grapefruit and avocado salad, rolls, and dessert.

Mrs. Frederic N. Cleaveland

### CASHEW NUT-TUNA CASSEROLE

1 can Chinese noodles	1 can tuna fish
1 can condensed cream of mushroom soup	1/4 cup water
1 can condensed cream of celery soup	1/4 pound cashew nuts
	2 cups chopped celery
	1/2 cup chopped onions
	Pepper and salt



Heat oven. Set aside a few of the noodles to sprinkle on top of mixture. Combine noodles with remaining ingredients. Add salt if needed (nests and noodles are already salted) and pepper to taste. Pour mixture into greased 1½ quart casserole. Sprinkle reserved noodles over top and bake at 350° about 45 minutes. 4-6 servings.

Note: To reduce oven baking time, onions and celery can be boiled together, then combined with ingredients and bake only long enough to heat thoroughly.

Mrs. Olin T. Mouzon

### DEVEILED TUNA FISH

- |                            |                             |
|----------------------------|-----------------------------|
| 1 can flaked tuna fish     | ⅛ teaspoon pepper           |
| ½ cup milk                 | 1 tablespoon minced onion   |
| 2 chopped hard boiled eggs | 1 teaspoon prepared mustard |

Combine all ingredients. Pour into a well-greased casserole. Sprinkle with bread crumbs and dot with pieces of butter. Bake 30 minutes uncovered in a moderate oven (375°) or until golden brown. You may substitute canned salmon or crabmeat (7 oz.) for the tuna.

Mrs. M. M. Timmons

### ITALIAN TUNA

- |                         |  |
|-------------------------|--|
| 1 7-ounce can tuna fish | 1 clove garlic   |
| Oil drained from fish   | 2 tablespoons parsley (use dried)                        |
| 3 tablespoons salad oil | 1 small can tomato sauce                                 |
| ½ chopped onion         | 1 8-ounce package spaghetti or<br>enough to serve guests |

Drain and flake tuna fish. Heat oil in skillet large enough to hold all ingredients. Add onions, garlic, and parsley. Simmer over low heat until onions are browned lightly. Add tuna and tomato sauce and cook until thickened. Pour over cooked spaghetti and serve at once. Grated cheese served over the top adds flavor. Serves 2-4.

Mrs. R. H. Baker

### TUNA-RICE SPECIAL

(Keep ingredients on your emergency shelf for a hurry-up dinner.)

- |                          |  |
|--------------------------|--|
| 1 cup rice               | ½ cup sliced stuffed olives                |
| 2 chicken bouillon cubes | 3 tablespoons chopped green<br>pepper      |
| 2½ cups water            | 1 3-ounce can (¾ cup) broiled<br>mushrooms |
| 1 teaspoon salt          | 1 6½ or 7-ounce can (1 cup) tuna           |
| ¼ teaspoon pepper        |  |
| 1 cup chopped celery     |  |

Put rice, bouillon cubes, water and seasonings into a heavy 3-quart saucepan. Add celery, olives, green pepper, mushrooms plus liquid, and tuna. Cover tightly and bring to a boil. Turn heat down and simmer for 20 minutes. Garnish with green pepper rings, if desired. Makes 6 to 8 servings. It is so easy and quick too.

Mrs. E. M. Adams

## TUNA-BROCCOLI HOLLANDAISE

1 package frozen broccoli	Sauce:
1 can tuna fish	2 tablespoons butter
2 tablespoons mayonnaise	2 tablespoons flour
2 teaspoons lemon juice	$\frac{1}{4}$ teaspoon dry mustard
	1 cup milk

Cook above sauce as any cream sauce and season with salt and pepper, adding a little onion salt too. When sauce has cooked, add 2 tablespoons mayonnaise, a tablespoon at a time and blend well. Add 2 teaspoons fresh lemon juice.

Cook broccoli in salted water until tender. Drain and place in oven-proof glass platter or dish. Drain oil off of the tuna and sprinkle the tuna over the broccoli. Pour the sauce over all. Sprinkle with buttered cracker crumbs. Bake in a moderate oven (350°) for 25 minutes.

Mrs. C. O. Cathey

## SALMON OR TUNA PANCAKES

2 eggs	1 tablespoon parsley
1 cup canned salmon or tuna	2 tablespoons melted butter or oil

Beat eggs, shred salmon, mix lightly and add parsley. Form into a thick pancake, making more solid with dried bread crumbs if necessary (I prefer prepared dressing crumbs) and fry a golden brown. Serve with salad and wine for filling meal.

Mrs. John M. Foushee

## SALMON SOUFFLE

1 can Alaska Red Sockeye Salmon (tall can or 2 small cans)	
3 tablespoons butter	Dissolve in 2 teaspoons water:
3 tablespoons sifted flour	$\frac{3}{4}$ teaspoon dry mustard
$\frac{3}{4}$ cup milk, warmed	$\frac{1}{8}$ teaspoon cayenne pepper
3 eggs, separated	1 $\frac{1}{2}$ teaspoon sugar
	$\frac{1}{2}$ teaspoon salt

Put salmon through meat grinder, first removing skin and bones. (It is not necessary to remove skin and bones if you prefer leaving them in.) Melt butter in skillet, over low flame. Mix in flour thoroughly. Add salmon. Then add warm milk very slowly, stirring constantly. Add seasonings. Beat egg yolks until thick and add to mixture (still over slow fire). Stir until mixture is like a thick custard. Cool and fold in stiffly beaten egg whites. Pour into well-buttered casserole, set in pan of water in moderate oven (375°). Bake 15 minutes, then bake at 400° for another 15 minutes. Should be rich brown in color. (Chicken, corn or ham may be used in place of salmon.)

Mrs. Lawrence F. London



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 BAKED STUFFED HADDOCK

2 one-pound Haddock fillets	$\frac{1}{4}$ cup melted butter
3 cups bread crumbs or cubes	Sauce:
1 teaspoon celery seed	3 tablespoons butter
1 $\frac{1}{2}$ cups stuffed olives	2 tablespoons flour
$\frac{1}{2}$ teaspoon salt	Salt and pepper
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup milk
1 tablespoon lemon juice	2 egg yolks
$\frac{1}{2}$ cup hot water	2 tablespoons lemon juice

Place one fillet on bottom of greased baking dish, cover with dressing made from the remaining ingredients (or use a package of prepared bread stuffing) and top with other fillet. Bake in hot oven ( $425^{\circ}$ ) for 25 minutes.

For sauce blend in flour and seasoning; add milk, stirring until smooth and thick. Beat in eggs, add lemon juice and continue beating two minutes. Remove from heat. Serve over stuffed fish. Serves 6.

Mrs. Lawrence F. London

## SHAD WITHOUT BONES

Have one large shad split and head and tail removed. Ask that the backbone be removed, without cutting the fish in two pieces. Wash and dry the fish. Rub with salt and pepper. Grease fish well with melted butter or margarine. If you wish, the shad may be stuffed with a dry cornbread dressing seasoned with sage and onion. Wrap well in aluminum foil. Lay the fish on a rack in a shallow pan and bake in a slow oven ( $275^{\circ}$ - $300^{\circ}$ ) for about six hours. Bones will entirely disappear.

Mrs. William Sprinkle

## SECTION 5

# POULTRY

Chicken is sometimes referred to as the "gospel bird" and these chicken recipes may become your gospel as well as ours.

When turkey is the bird in hand, then you need only to look below for complete instructions for preparing turkey, stuffing, and giblet gravy.

See Section 14, FOOTBALL FAN FARE, for the following recipe:

Brunswick Stew

### TURKEY, STUFFING AND GIBLET GRAVY

#### Savory Bread Stuffing

12 cups finely broken or diced day-old bread	1 1/2 tablespoons poultry seasoning
3 cups finely diced celery	1 tablespoon salt
2 cups finely chopped onion	1/4 teaspoon pepper
	1/2 cup melted butter or margarine
	1/2 cup water

Combine dry ingredients in a large bowl. Sprinkle in butter and water and toss lightly until ingredients are well mixed. Put stuffing by spoonfuls in neck opening, using enough to fill the skin. Draw neck skin under back and sew up with needle and thread. Put remaining stuffing in body and sew skin. Cross drumsticks, tie securely with a long string, and fasten to tail. This makes enough for 14-pound turkey.

#### Roast Turkey

Place on its back on rack in dripping pan, rub entire surface with salt, and spread breast and legs with 3 tablespoons butter, rubbed until creamy and mixed with 2 tablespoons flour. Moisten a piece of cheesecloth large enough to cover turkey and baste with melted butter and water until the dripping pan has accumulated enough drippings to baste the turkey from time to time. For basting, use 1/4 cup butter, melted in 2/3 cup boiling water.

Roast from 3 1/2 to 4 hours at 325°. To test turkey for doneness, pierce fleshy part of drumstick with 2-tined fork. If done, fork will go in and out easily. Drumstick also will give readily at leg joint when moved up and down.

#### Giblet Gravy

Giblets	1 onion, sliced
4 cups cold water	Handful celery tops

Combine in a medium-sized saucepan the above ingredients, except the liver. Simmer, covered, about two hours. Add turkey liver and cook 20 minutes longer. Drain stock from giblets; measure; add water to make 4 cups liquid; reserve. Chop giblets and reserve.

Remove roasted turkey from pan. Tip pan, pour off fat and reserve, leaving drippings in pan. Blend with drippings 1/2 cup reserved fat, 1/2 cup flour. Stir in 4 cups reserved giblet stock and cook, stirring constantly, over low heat until gravy thickens and simmers, 3 minutes. Add giblets and season with salt and pepper to taste.

Mrs. W. L. Sloan



### FRIED CHICKEN

Sprinkle chicken heavily with salt and set in bowl in refrigerator until ready to use. Wash chicken well and dry with clean cloth. Put flour and pepper in paper bag and shake chicken in this until well-coated. Use a heavy frying pan with tight fitting top. Fill pan with shortening one and a half inches deep (this can be saved and used over and over) and heat until hot but not smoking. Place chicken in hot grease and turn once, then add cover. Cook one-half hour or until a golden brown, turning about six times. Lower the heat slightly when the cover is first put on, and cook the last few minutes without the cover. Drain on paper towels and serve piping hot.

Mrs. L. C. Neville

### CHICKEN GRAVY

4 or 5 lb. stewing chicken	Salt
5 or 6 sticks celery, finely cubed	Pepper
4 medium carrots, diced	1 (7 oz.) can pimientos, cut fine
3 small onions, chopped	1 (7 oz.) can mushrooms, cut fine

Stew chicken, celery, carrots, onions, salt and pepper for 2 hours or until chicken falls off bones. Clean chicken from bones and cube. Grind skin. Thicken soup mixture with a little flour and water paste. Add pimientos and mushrooms to gravy. Add diced chicken and serve over noodle ring, creamed mashed potatoes or fluffy rice. It can also be served in patty shells.

This is a large recipe, serves about 10. It is better if made a day in advance. This is the best way to get mileage from your chicken.

Mrs. Reuben Hill

### BAKED CHICKEN AND POTATOES

6 large potatoes, peeled and sliced thin (soaked in cold water)	1 2-lb. chicken (cut in pieces or halved)
4 cloves garlic, cut fine	5 teaspoons salad oil
	Salt and pepper

Place 1 teaspoon salad oil in bottom of casserole. Place chicken in bottom, skin side down. Pour over chicken 2 teaspoons salad oil. Salt and pepper and sprinkle with 2 cloves of chopped garlic. Cover with potatoes. Salt and pepper. Sprinkle with remaining garlic and 2 teaspoons salad oil. Bake in oven preheated to 450°. Bake approximately 1 hour, occasionally basting with liquid from bottom of pan.

Mrs. H. A. Bierck

(Courtesy of Faye Branca)

### CHICKEN PIE

1 5-pound stewing chicken	1 tablespoon sherry
Sauce:	1 teaspoon monosodium glutamate

2 tablespoons melted butter or margarine	2 cans mushrooms
4 tablespoons flour	Crust:
3 cups chicken stock	2 cups sifted flour
1 cup light cream	4 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper	2 tablespoons butter or margarine, melted
$\frac{1}{4}$ teaspoon marjoram	1 egg, well beaten
	$\frac{3}{4}$ to 1 cup milk

Simmer chicken until tender. Remove meat from bones and arrange in baking dish.

To make sauce: Melt butter or margarine, remove from heat and blend in flour. Gradually add warm chicken stock, cream, salt, pepper, marjoram, sherry, and MSG. Cook, stirring constantly, until sauce comes to a boil. Add mushrooms. Pour 2 to 3 cups of this over chicken, keeping out enough sauce for a gravy bowl. Simmer reserved sauce 15 minutes.

To make crust: Sift together flour, baking powder, and salt. Combine melted butter, egg and milk and add, stirring quickly to make a soft dough. Drop by spoonfuls over hot chicken and sauce in baking dish. Bake in a preheated oven  $425^{\circ}$  for 15 to 20 minutes. Serve with reserved sauce. Serves 6.

Mrs. William Sprinkle

## BARBECUED CHICKEN

### (Lemon-Butter Sauce)

1 stick butter	$\frac{1}{4}$ teaspoon salt
Juice of 1 lemon	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{4}$ cup water	$\frac{1}{2}$ teaspoon thyme
1 medium onion, chopped	$\frac{1}{4}$ teaspoon chili powder
1 clove garlic, minced	1 teaspoon sugar
1 teaspoon prepared mustard	Dash black pepper
1 teaspoon Worcestershire sauce	$2\frac{1}{2}$ pound frying chicken, salted

Melt butter in small saucepan, add other ingredients and cook until onion is clear. Arrange chicken in single layer in large shallow pan and pour over sauce. Let stand 1 hour. Bake uncovered in  $350^{\circ}$  oven. Keep control at "Preheat" for a nice brown. Baste often during baking.

Mrs. Olin T. Mouzon

## BARBECUED CHICKEN

Place washed and cut-up pieces of frying chicken in greased, two-inch deep, flat pan and brush well with barbecue sauce. Bake in  $350^{\circ}$  oven about half-hour, turn chicken and pour on fresh sauce. Bake another half hour or until tender.

Sauce:	1 heaping tablespoon salt
1 bottle tomato catsup	1 heaping tablespoon black pepper



1 cup dark brown sugar

2 tablespoons Worcestershire sauce

1 cup vinegar

1 tablespoon tabasco sauce

Add in order and beat well. This may be used for spareribs also.

Mrs. L. C. Neville

## INDIA CHICKEN CURRY

 $\frac{1}{2}$  cup finely chopped onion

1 cup tomato juice

 $\frac{1}{2}$  cup finely chopped celery $\frac{1}{2}$  teaspoon Worcestershire sauce $\frac{1}{4}$  cup fat

1 teaspoon curry powder

 $\frac{1}{3}$  cup flour

4 cups diced, cooked chicken

2 cups chicken stock

4 cups hot, cooked rice

Salt and pepper to taste

Lightly brown onion and celery in hot fat. Add flour and blend. Add stock, cook until thick, stirring constantly. Add tomato juice, Worcestershire sauce, seasonings, and chicken. Heat thoroughly. Serve over cooked rice or make a ring mold of rice and fill center with curry mixture. Curry mixture can be made ahead of time and heated just before serving. Excellent for buffet supper with salad, rolls, and dessert. The original of this recipe says that it serves 8-10. I've never been able to serve more than 6.

Mrs. Henry T. Clark, Jr.

## CHICKEN CURRY FROM INDIA

1 chicken,  $1\frac{1}{4}$  to  $1\frac{1}{2}$  pounds, cut up as for frying

4 bay leaves

1 large mildly flavored onion, minced

 $1\frac{1}{2}$  teaspoons salt

1 clove garlic, minced

1 teaspoon sugar

4 heaping tablespoons yogurt or 3

 $\frac{1}{2}$  teaspoon turmeric

tablespoons yogurt and 1

 $\frac{1}{2}$  teaspoon ginger

tablespoon sour cream

 $\frac{1}{2}$  to 1 teaspoon paprika

3 shakes red pepper

Place all of the pieces of chicken in a bowl and mix in the above ingredients, then set aside.

Heat 5 tablespoons cooking oil in a pot and add:

6 cardamon seeds (slit each crosswise at one end)

1 tablespoon cinnamon stick, broken up

14 whole cloves

Cook, or "smoke" for a few seconds or until cloves puff up, stirring constantly. Add chicken mixture and blend all ingredients together thoroughly. Let simmer in its own juice for about  $\frac{1}{2}$  hour or until chicken is tender, stirring frequently to avoid scorching, as the sauce thickens. Serve hot and with plenty of boiled rice.

Mrs. Samarendra Nath Roy

## SCALLOPED CHICKEN

4½ to 5 pound chicken	½ cup butter (or less butter, then substituting chicken fat)
Celery	
½ teaspoon poultry seasoning	¾ cup flour
1 cup rich milk	Salt and pepper
1 quart chicken broth	3 eggs, beaten slightly
	2 cups bread crumbs

Cook chicken with celery and seasoning until tender. Remove from bones and cut in good sized pieces. Make cream sauce of milk, broth, butter and flour and season. Add slightly beaten eggs.

Into greased casserole put layer of chicken, generous layer of sauce, and layer of bread crumbs. Repeat, ending with crumbs on top. Bake about 30 minutes in 350° oven. This may be prepared in advance and put into oven just before serving. Serves 10 to 12 people. This is one casserole dish that men unfailingly like.

Mrs. Bruce Strowd

## CHICKEN WITH TOMATO SAUCE

2 tablespoons bacon fat, butter, or margarine	1 can filled with water
1 chopped onion	1 teaspoon salt
1 fryer, cut up	¼ teaspoon pepper
2 small cans tomato sauce	Small spray of oregano, smoothed between fingers

Melt fat, add chopped onion and larger pieces of chicken in fairly deep skillet. Cook until a golden yellow, then add smaller pieces of chicken, cook until golden yellow. Add tomato sauce, water, salt, pepper, oregano. Cover and simmer, stirring occasionally, for about 1 hour. The longer it simmers the better the taste.

Mrs. W. E. Pupa

## CHICKEN PAPRIKA

1 chicken, cut up	2 small carrots
2 tablespoons fat	1 large or 2 small tomatoes (or canned may be used)
3 medium onions	2 or 3 stalks of celery
2 teaspoons paprika	Salt to taste
1 green pepper	

Wash chicken in cold water, salt and let stand at least 15 minutes. Heat fat, put in onion cut fairly fine and paprika. Cook until tender but not brown. Add chicken and let simmer 15 to 20 minutes if very young, longer if a hen. Add small amount of water, just enough to steam chicken well. Put in cut-up vegetables. Cook over very low heat until done. Add water only if liquid gets low.

Serve about 4, depending on how many pieces per person. When in-



creasing chicken, don't double vegetables in proportion. Increase about  $\frac{1}{2}$  more for each chicken added.

Mrs. A. T. Miller, Jr.

### BRUNSWICK STEW

7 pounds stew beef	2 pounds dry limas
2½ pounds onions	6 cans tomato soup
2 5½ pound hens	2 No. 2 cans crushed corn
2 quarts canned tomatoes	2 pods hot pepper
	Salt to taste

Cook chicken, beef, onions, tomatoes until tender. Bone and chop fine. Cook limas separately and mash. Add soup and limas to meat. Cook until thick very slowly. Add corn and peppers and cook one hour. Salt to taste. Stir frequently. Makes about 12 quarts.

Mrs. E. W. Dawson

### BUFFET CHICKEN CASSEROLE

4 tablespoons butter	1½ cups diced chicken
5 tablespoons flour	¾ cup mushrooms
1½ cups milk	¼ cup pimiento
1 cup chicken stock	1/3 cup green pepper
1 teaspoon salt	3 cups cooked rice
	½ cup sliced toasted almonds

Melt butter and add flour, stock and milk. Cook until thick. Add salt, chicken, mushrooms, pimiento and pepper. Pour this sauce over cooked rice in casserole. Top with almonds. Bake at 350° for 30 minutes. This quantity serves 6-8.

Mrs. J. T. Gobbel

### CHICKEN, TURKEY, OR HAM CASSEROLE

2 cups medium wide noodles (¼ lb.)	¼ teaspoon black pepper
1 package frozen broccoli	2 cups milk
2 tablespoons butter or margarine	1 cup grated cheese (American Cheddar, ¼ pound)
2 tablespoons flour	2 cups cut-up cooked chicken or turkey or ham
1 teaspoon salt	1/3 cup slivered toasted or salted almonds
¼ teaspoon prepared mustard	

In separate saucepans, cook noodles and broccoli, as packages direct until just tender. Meanwhile, in saucepan over low heat, melt butter; then blend in flour, salt, mustard, pepper and milk. Cook, stirring constantly, until thickened; remove from heat, stir in cheese until melted. Drain noodles and broccoli. Dice broccoli stems, leave flowerets whole. Arrange noodles, broccoli stems, and turkey in shallow casserole or 8-inch

square baking dish. Pour cheese sauce over all. Arrange broccoli flower-ets on top, pressing them lightly into sauce; sprinkle with almonds. Bake until bubbling hot.

You may substitute 1 cup ham and 1 cup turkey or chicken. Serves 4-6.

Mrs. D. O. Price

### CHICKEN CASSEROLE

4 to 5 pound chicken	8 cups bread, cubed
Salt	1/3 cup chicken fat
Pepper	2 eggs, well beaten
Celery or onion salt	1/2 teaspoon baking powder
1 medium onion, diced	1 1/2 cups milk
Celery, diced	1 teaspoon sage or poultry seasoning

Stew chicken in water seasoned with salt, pepper, and celery or onion salt. When tender, cut chicken off bones and dice. Grind skin. Sauté onions and celery. Combine bread, celery, onion, chicken fat, eggs, baking powder, milk, salt, pepper, and sage or poultry seasoning. Mix chicken into this mixture and cover with broth. Bake 1 hour at 300°. Cut into squares and serve with mushroom sauce.

Mrs. Reuben Hill

### CHICKEN AND SPAGHETTI CASSEROLE

2 1/2 pound chicken	3 oz. can sliced mushrooms
4 cups water	1/2 cup sliced stuffed olives
1/4 cup butter or margarine	8 oz. package thin spaghetti, cooked
1 cup chopped onion	3/4 cup grated cheese
1/2 cup chopped celery tops	Salt and pepper
2 tablespoons flour	

Simmer chicken in salted water until tender and cut in bite-size pieces. Sauté onion and celery in butter. Stir in flour; add broth and allow to thicken slightly. Then add chicken, mushrooms and olives. Place cooked spaghetti in large baking dish and cover with chicken mixture. Sprinkle cheese on top and bake in oven at 350° until mixture is thoroughly heated and cheese is melted (about 20 minutes).

Mrs. G. B. Cleveland

### CHICKEN SPAGHETTI

1 good sized hen (fairly fat)	3 or 4 medium sized onions
1 pound spaghetti	1 large can tomatoes
1 pound bacon	2 medium sized cans mushrooms
	2 medium sized bottles stuffed olives

Boil hen. Cook spaghetti in chicken broth. Fry bacon, then fry onions in bacon fat. Add tomatoes and drained mushrooms and diced

olives. Cook until thick. Add diced chicken and mix in spaghetti. Pour in casserole and cover with cheese. Bake in 350° oven about 30 minutes. Serves 12.

Mrs. Bruce Strowd

### ASPARAGUS LOAF

3 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
3 tablespoons flour	$\frac{1}{2}$ cup chopped turkey or chicken
1 cup milk	1 cup asparagus tips
$\frac{1}{2}$ teaspoon salt	4 eggs, well beaten

Cook butter and flour, add milk gradually, salt and pepper. When it begins to boil, add turkey, asparagus tips, and well beaten eggs. Turn into a buttered baking dish which has been lined with asparagus tips. Set in a dish of hot water in the oven; bake slowly until the center is firm (300° for 30 to 40 minutes). Let it stand for a few minutes, then invert on a shallow dish. Serve with melted butter sauce.

Mrs. Raymond Knight

### CHICKEN CHANTILLY

1 tablespoon gelatin	$\frac{1}{2}$ teaspoon Worcestershire sauce
$\frac{1}{4}$ cup cold water	1 tablespoon lemon juice
1 cup hot chicken stock	1 teaspoon onion juice
3 beaten egg yolks	2 cups diced, cooked chicken
$1\frac{1}{2}$ teaspoons salt	2 tablespoons finely chopped pimientos
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{3}$ cup finely chopped celery
$\frac{1}{8}$ teaspoon paprika	$\frac{1}{2}$ cup heavy cream, whipped
Dash cayenne	

Soften gelatin in cold water. Stir a little of the hot chicken stock into the beaten egg yolks; stir the mixture gradually into the remaining hot stock. Add seasonings, lemon juice, Worcestershire sauce, and onion juice. Cook over hot water, stirring constantly, until the mixture thickens. Remove from hot water and add softened gelatin. Stir until gelatin is dissolved. Chill until the consistency of egg whites. Add chicken, pimiento, and celery; fold in whipped cream.

Turn into individual molds or a large mold, or a loaf pan, first rinsed in cold water. Chill until firm. Unmold on a bed of lettuce or water cress. Garnish with large olives, cucumbers or tomatoes. Makes 6 servings.

Mrs. C. H. McGregor

### CHICKEN MAYONNAISE

4 tablespoons gelatin	1 cup blanched almonds, chopped
1 cup cold water	1 cup chopped celery
2 cups hot chicken broth	1 can tiny peas



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$\frac{3}{4}$ teaspoon onion juice	6 or 7 hardboiled eggs, cut fine
4 cups chopped chicken (one good sized hen)	2 or 3 tablespoons chowchow pickles
	2 cups mayonnaise

Soak gelatin in cold water; when softened, dissolve in hot chicken broth. Season with onion juice. Cool. Mix together the other ingredients, adding salt and pepper to taste if needed.

Stir chicken mixture into the gelatin mixture and set to congeal in mold. Serves about 12 generously.

Mrs. Bruce Strowd

### CHICKEN MERINGUE WITH MUSHROOM SAUCE

1 4-pound chicken	Sauce:
2 cups bread crumbs	$\frac{1}{2}$ pound or a No. 2 can mushrooms
1 cup cooked rice	$\frac{1}{4}$ cup butter or chicken fat
1 tablespoon salt	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ teaspoon paprika	1 pint chicken broth
$\frac{1}{2}$ cup pimiento	$\frac{1}{4}$ cup cream or milk
4 well beaten eggs	2 egg yolks
$\frac{1}{2}$ cup butter or chicken fat	Salt to taste
$1\frac{1}{4}$ pints chicken broth	$\frac{1}{2}$ teaspoon lemon juice
	1 teaspoon parsley

Cook chicken and dice as for chicken salad. Mix with other ingredients and pour into pan 9x13 inches by about 2 inches deep. Bake slowly one hour (325°). Cut into squares and serve with sauce.

For sauce brown mushrooms in butter. Mix all ingredients and cook until thick, adding lemon juice and parsley at the very last. Serve over chicken meringue squares. Serves 12 to 14.

Mrs. Viola C. Jacobs

## SECTION 6

# MEATLESS ENTREES

All cooks everywhere should gather together in thanksgiving to the Egg as a superbly helpful help in the kitchen. Eggs are versatile and nutritious, but perhaps their greatest virtue is that they are almost always on hand. Here are some recipes to keep on hand, too, for some good meals on those Wednesday afternoons when you discover that the cupboard is bare and wonder what to have for supper. (Chapel Hill grocery stores close on Wednesday afternoons.) Ideas are here for beans and macaroni as well as eggs for your meatless meals.

See Section 14, FOOTBALL FAN FARE, for baked beans.

### OLD-FASHIONED NEW ENGLAND BAKED BEANS

2 cups dry beans (pea, yellow eye or red kidney)	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{4}$ to $\frac{1}{2}$ pound salt pork, with meat streak if possible	1 teaspoon mustard
$\frac{1}{4}$ teaspoon soda	3 tablespoons brown sugar or molasses
	1 teaspoon or more salt to taste
	1 small whole onion

Wash beans, cover well with water and soak overnight. Next morning wash and cut almost through salt pork every  $\frac{1}{4}$  to  $\frac{1}{2}$  inch and place in bottom of bean pot or casserole. Add other ingredients and finally beans. Add hot water to cover beans. Cover tightly and bake at 300° several hours, adding more hot water if beans get too dry. Serve with cole slaw and frankfurters.

Mrs. E. P. Douglass

### BAKED LIMA BEANS WITH TOMATOES

1 green pepper, finely cut	2 cups cooked lima beans, drained
1 medium onion, finely cut	2 teaspoons Worcestershire sauce
4 strips bacon, finely cut	$\frac{1}{2}$ teaspoon salt
2 cups drained tomatoes	$\frac{1}{4}$ cup mayonnaise

Cook pepper, onions and bacon together for five minutes. Drain off excess fat. Add tomatoes and simmer a few minutes. Add lima beans and cook a few minutes longer. Add seasoning and mayonnaise. Blend thoroughly. Place in greased casserole with buttered bread crumbs on top. Store in food compartment of refrigerator until time for baking. Bake in moderate oven (350°) 30 minutes. Serves 6 to 8.

Mrs. T. H. Darden

### BAKED MACARONI

1 box macaroni	1 pint milk
$\frac{1}{2}$ large Bermuda onion	$\frac{1}{2}$ pound cheese
$\frac{1}{4}$ large green pepper	1 cup coffee cream
2 peeled tomatoes	Salt
2 tablespoons butter	Bread crumbs
3 tablespoons flour	2 slices bacon

Boil macaroni in salt water 10 minutes. Grease baking dish with butter. Add alternately layers of drained macaroni and thoroughly-cut vegetables. Make a thin cream sauce of the butter, flour, and milk. Add cheese and coffee cream to cream sauce. Pour the sauce over the macaroni and vegetables. Dot with bread crumbs, butter and bits of cut bacon. Bake in moderate oven (350°) about twenty minutes.

Mrs. R. D. W. Connor  
(Courtesy Mrs. W. W. Pierson, Jr.)

### CHEESE SOUFFLE

1 cup cooked rice	1/2 pound process American
2 tablespoons butter or margarine	cheese
3 tablespoons flour	4 eggs
3/4 cup milk	1/2 teaspoon salt
	Dash cayenne pepper

Melt butter in double boiler, add flour and stir until smooth, add milk and cook until thickened. Add grated or thinly sliced cheese and stir until melted. Separate eggs. Add salt and cayenne to yolks and beat; then add to cheese mixture and remove from heat. Gently fold rice into cheese mixture. Beat egg whites until stiff but not dry. Then slowly fold cheese mixture into whites using under-over motion. Never stir. Turn into buttered rectangular pan and bake at 325°. Cut into squares and serve with mushroom sauce. (This is the kind that does not fall—very nice for ladies' luncheons.)

Mrs. E. E. Peacock

### CHEESE PUFF OR STRATA

8 slices bread	2 eggs
Cheese	1/2 teaspoon salt
	2 cups milk

Make 4 cheese sandwiches, lightly buttered. Trim off crusts, cut sandwiches in half. Place in greased casserole. Beat eggs slightly, add salt and milk. Pour mixture over sandwiches, let stand 1 hour. Sprinkle paprika over top and bake at 350° 30 to 45 minutes, or until brown and puffed. Serves 4.

Mrs. E. P. Douglass

### CHINESE RAREBIT

1 package Old English cheese	1/3 can milk
1 cup mushroom soup	1 small can pimientos, chopped
	3 hard boiled eggs

Melt cheese with soup and milk in top of double boiler. Add pimientos, which have been fried in butter. Cut eggs into small pieces and add to mixture. Serve over Chinese fried noodles, toast or sliced chicken on toast.

Mrs. Gerald A. Barrett



## GOLDEN BUCK

$\frac{1}{4}$ pound cheese (store cheese or sharp cheddar)	$\frac{1}{3}$ cup milk
1 teaspoon prepared mustard	Eggs
1 teaspoon Worcestershire sauce	Salt
	Pepper

Cut up cheese into buttered baking dish. Add mustard and Worcestershire sauce to milk, stir together and pour over cheese. Break as many raw eggs over cheese as the number of persons you plan to serve, add salt and pepper to taste, and partly cooked bacon on top, if desired. Bake at 350° for 25 to 30 minutes. Serve on toast.

Mrs. E. P. Douglass

## SWEET OMELET (Viennese)

2 eggs	2 tablespoons butter
2 tablespoons sugar	Jelly or chocolate sauce
2 teaspoons flour	

Separate eggs. Work yolks and sugar for 15 minutes (no less). Work in flour. Beat egg whites stiff and fold in. Then pour in skillet in which butter has been melted. Place in a 300° oven for about 10 minutes. You can tell when the omelet is done if the surface is moist but an inserted knife comes out clean. Fill with jelly or chocolate sauce, fold over and sprinkle with sugar. Serve immediately. Serves four.

Mrs. Emil Chanlett

## HOT DEVEILED EGGS (Czech)

6 eggs	Salt and pepper
1 small can mushrooms (chopped)	Parsley
Worcestershire sauce	1 can condensed tomato soup
Mustard	Parmesan cheese

Hardboil eggs, cut in halves and mash yolks. Add seasonings to taste, including chopped parsley and mushrooms. Use liquid from mushroom can to achieve creamy consistency. Fill egg halves. Place in shallow baking dish. Cover with tomato soup, sprinkle cheese over all and put in 300° oven long enough to heat thoroughly. Serves 4.

Mrs. Emil Chanlett

## CARASSA EGGS

1 cup grated cheese	$\frac{1}{2}$ cup tomatoes (canned or fresh)
1 teaspoon chili powder	2 eggs, beaten
	Salt to taste

Heat in double boiler. After cheese melts stir in eggs. Continue to stir until thick. Serve on toast. Good for a quick lunch.

Mrs. R. H. Baker

## SECTION 7

# VEGETABLES

When it comes to vegetable cookery most of us are slaves to habits—our family's eating habits and our own cooking habits. Sometimes the routine is a little monotonous both for cook and her regular diners. This needn't happen to you—see if you don't receive raves from family and guests with some of these tricks:

Add canned mushrooms to snap beans ten minutes before the beans are done.

In preparing stuffed summer squash, add a little onion salt and poultry seasoning to the stuffing; a variation is to leave out the poultry seasoning and add caraway seed.

When making scalloped potatoes, add a little onion and thyme and bake with pork chops on top of potatoes. The flavor of both is improved by the combination.

Add curry powder to taste in boiled onions, left-overs such as rice, potatoes, and other vegetables, as well as meats.

A dash of mace greatly enhances the flavor of candied (glazed) carrots; also try it with brussels sprouts.

Cashew nuts in creamed asparagus casserole is a nice change from almonds.

Herb sauce for vegetables: Melt  $\frac{1}{4}$  cup butter and add to it 2 tablespoons olive oil, juice and grated rind of  $\frac{1}{2}$  lemon, 1 tablespoon each of minced chives, thyme, and parsley. Mix this well, heat, and dress your vegetables with it . . . lavishly. Best on tiny new potatoes and it improves carrots. Asparagus and string beans love it too.

For vegetables in combination with meat, poultry, or seafood, see the sections dealing with each of these.

### ASPARAGUS SUPREME

Into buttered casserole put layer of asparagus spears, layer of medium white sauce, sprinkle generously with slivered blanched almonds and grated cheese. Repeat until casserole is full, ending with cheese. Bake in 350° oven about thirty minutes. Salt and pepper each layer of asparagus as dish is in progress.

Mrs. Bruce Strowd

### GOLDEN CARROTS

Here's how to pep up a carrot:

12 small carrots

$\frac{1}{4}$  cup butter

$\frac{1}{4}$  cup sugar

2 oranges, peeled and sliced

Cook carrots until tender. Combine sugar and butter in skillet. Add carrots and cook over low heat until glazed. Add orange slices and heat thoroughly. Serves four.

Mrs. J. M. Galloway

## RED CABBAGE IN WINE (France)

1 head red cabbage	2 red apples
1 cup red wine	Salt and pepper
1 cup broth	Nutmeg

Shred cabbage very fine. Place in pan, add red wine and broth. Chop apples fine and add. Salt and pepper to taste. Cook just long enough for cabbage to get done (it should not have that wilted look about it). Season with butter and grate a little nutmeg over top. Serves four.

Mrs. Emil Chanlett

## SKILLET CABBAGE

1 tablespoon butter or bacon drip- pings	4 cups shredded cabbage
1 chopped onion	1 teaspoon salt
1 chopped green pepper	Dash of pepper
1 cup thinly sliced celery	1 or 2 large ripe tomatoes, peeled and chopped (may be omitted)

Melt butter or drippings in large skillet. Add vegetables, sprinkle with salt and pepper. Mix well. Cover snugly and let steam five or six minutes, stirring once or twice during cooking. Serve at once. Serves four or five—and even non-lovers of cabbage are apt to partake.

Mrs. C. A. Kirkpatrick

## VEGETABLE CASSEROLE

1 package frozen broccoli (fresh is desirable)	$\frac{1}{4}$ pound grated cheese
1 package frozen cauliflower	Cream sauce
	1 cup bread crumbs

Cook broccoli and cauliflower in clear salt water until tender. Place in casserole and cover with cream sauce (made with juices from vegetables or milk) to which the grated cheese has been added. Cover with bread crumbs and top with dots of butter and a little pepper if desired. Bake fifteen or twenty minutes at 350°.

Mrs. T. M. Johnson

## HARVARD BEETS

12 small beets, cooked and cut in slices, cubes, or fancy shapes	$\frac{1}{4}$ cup vinegar
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup water
1 tablespoon flour	2 tablespoons butter

Mix sugar and flour. Add vinegar and water and boil five minutes. Add beets to hot sauce and let stand at least thirty minutes. Just before serving, bring to boiling point and add butter. Serves six.

Mrs. W. L. Sloan



## CREAMED CHESTNUTS

Drop chestnuts in boiling water for a few minutes. Remove shell, then scrape fuzz off chestnuts while hot. Cook until tender. Place in buttered casserole a layer of chestnuts, a layer of cream sauce (or use canned mushroom soup), and a layer of cooked diced celery. Dot with salt, pepper and butter. Bake slowly (350°) and serve hot. A pound of chestnuts will serve six generously. Use own judgment about other ingredients, according to number to be served.

Mrs. Jake Wade

## CORN PUDDING

6 ears fresh corn	Salt and pepper
2 beaten eggs	1 pint milk (scant)
1 tablespoon sugar	Butter

Cut corn from cob, and stir together well with eggs. Add sugar, salt and pepper, and milk. Dot with butter, and bake in greased casserole at 400° until knife inserted will come out clean.

Mrs. R. C. Warren

## CORN PUDDING WITH CHEESE

2 cups canned corn, cream style	$\frac{1}{8}$ teaspoon pepper
1 cup diced cheese	2 eggs
2 tablespoons flour	1 cup milk
1 tablespoon sugar	2 tablespoons butter
1 teaspoon salt	$\frac{1}{2}$ cup bread crumbs (buttered)

Add cheese, flour, sugar, salt, and pepper to corn and mix well. Beat eggs, add to corn mixture. Heat milk and butter and pour into mixture. Pour into greased baking dish and cover with crumbs. Bake at 350° until firm—about forty-five minutes. This dish can be prepared hours in advance and refrigerated until almost time for baking. It makes a good supper dish, served with crisply fried bacon and a tossed salad.

Mrs. Bernard Boyd

## SWEET POTATO PUDDING

6 sweet potatoes	Grated rind of 1 lemon or orange
6 tablespoons butter	2 bananas (optional)
6 tablespoons brown sugar	

Peel cooked potatoes; mash smooth. Add all ingredients and beat thoroughly. Pour into buttered casserole (lined, if you wish, with sliced bananas). Put more brown sugar and a little butter on top and bake one-half hour at 325°-350°.

Mrs. John M. Foushee

### AU GRATIN POTATOES

6 medium potatoes or 5 cups diced, cooked potatoes	2 cups milk $\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup butter or margarine	2 cups grated process American cheese
$\frac{1}{4}$ cup enriched flour	

Cook potatoes in boiling, salted water till tender; drain, peel, cool, and dice. Place potatoes in greased baking dish. Melt butter, blend in flour. Add milk and cook over low heat till thick, stirring constantly. Remove from heat, add salt, and half of grated cheese. Stir till cheese is melted. Pour sauce over potatoes; sprinkle top with remaining cheese. Bake in moderate oven ( $375^{\circ}$ ) twenty-five minutes or till golden brown on top. Makes six generous servings.

Mrs. Roland Giduz

### SCALLOPED POTATOES WITH MUSHROOMS

6 medium size potatoes	Dash of pepper
2 large onions	Water
1 can condensed mushroom soup	Butter
2 teaspoons salt	

Grease a large casserole with butter. Alternate layers of sliced potatoes and onions, sprinkling each one with salt and pepper. Pour mushroom soup over the filled dish and add enough water to fill it almost to the top layer. Dot with butter and bake in a moderate oven ( $325^{\circ}$ - $350^{\circ}$ ) until the potatoes are tender and brown. This requires about an hour. Serves six to eight. If you want to rush the process, parboil potatoes before baking. This is grand for a family or company meal when you prefer as little as possible last minute work.

Mrs. W. M. Alexander

### PIMIENTO SQUASH

6 to 8 yellow squash	$\frac{1}{3}$ cup pimiento
3 tablespoons butter	3 hard boiled eggs
1 medium onion	Salt and pepper
3 tablespoons flour	1 cup bread crumbs
1 cup cream	

Boil squash. Cook together the butter and onion. Add flour and then cream and pimiento. Cook to a medium white consistency. (If you do not have all cream, use milk and more butter.) Combine squash, eggs, and bread crumbs with sauce, place in buttered baking dish to brown slightly before serving.

Mrs. R. D. W. Connor  
(Courtesy Mrs. W. W. Pierson, Jr.)

## GRATED SWEET POTATO PUDDING

3 cups grated raw sweet potatoes	2 tablespoons butter, melted
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup maple syrup	$\frac{1}{2}$ teaspoon salt
1 cup milk	2 eggs, well beaten
1 teaspoon nutmeg	

Combine sweet potatoes, sugar, maple syrup, milk, nutmeg, butter, nuts, and salt. Add eggs and pour into buttered shallow pan. Bake in a moderately hot oven ( $375^{\circ}$ ) fifty to sixty minutes. Serves six.

Mrs. C. F. Brown

## TOASTY RICE

Spread one cup unwashed white rice in a shallow pan and bake in a hot ( $400^{\circ}$ ) oven, stirring occasionally, until golden brown. Wash rice and put in a covered casserole with  $1\frac{1}{2}$  teaspoons salt and  $2\frac{1}{2}$  cups boiling water. Bake thirty minutes at  $350^{\circ}$ . (If brown rice is used allow about ten minutes more for cooking.)

Rice is fluffy with a toasted flavor. Especially good with a meat or chicken gravy. May be browned ahead of time and stored in a covered jar.

Mrs. C. A. Kirkpatrick

## CREAMED SPINACH

3 tablespoons butter or margarine	1 can spinach
3 tablespoons flour	$\frac{3}{4}$ teaspoon salt
1 cup milk	

In a small saucepan melt the butter or margarine over moderate heat, add flour and blend well with a wooden spoon. Remove from heat and add milk gradually, stirring until smooth after each addition. Return to moderate heat and, stirring constantly, cook until thickened and bubbly. Open can of spinach, drain off any liquid, add the white sauce and salt and heat together over low heat for a few minutes, stirring several times. (This is also good in a casserole with grated cheese added and baked in oven.)

Mrs. Roland Giduz

## SPINACH A LA SUISSE

Fresh spinach	1 cup milk
1 teaspoon finely chopped onion	$\frac{1}{2}$ cup spinach water
3 tablespoons butter	$\frac{1}{3}$ teaspoon salt
3 tablespoons flour	Egg slices

Choose young spinach. Clean, remove all stalks. Cook about seven minutes uncovered in boiling salted water. Drain well. Chop three cups of cooked cold spinach about fifteen minutes or until very fine. Sauté, but do not brown, chopped onion in two tablespoons of the butter. Add one tablespoon of butter and the flour to onion, and blend well. Add milk, spinach water, and salt. Cook in double boiler until thickened and



smooth (about fifteen to twenty minutes). A few minutes before serving add chopped spinach and heat thoroughly. Garnish with wafer thin egg slices.

Mrs. Herbert Baer

### WHITE TURNIPS

6 white turnips	3 medium onions
3 tablespoons butter	Few sprigs parsley
1 teaspoon salt	Juice of $\frac{1}{2}$ lemon
$\frac{1}{4}$ teaspoon sugar	

Cube turnips and cook in one tablespoon melted butter, salt and sugar for ten or fifteen minutes. Cover tightly. Chop onions and parsley and cook in remaining butter until onions look transparent. Add lemon juice, mix ingredients and serve hot.

Mrs. B. L. Ward

### GERMAN SPATZIEN (DUMPLINGS)

1 cup flour, sifted	$\frac{1}{3}$ cup milk
1 egg	Pinch of salt

Sift flour into bowl, add egg, mix slowly and carefully. Add a little milk at a time, making a very smooth thick batter. Add salt. Have a large pot of boiling hot water ready, into which a tablespoon of salt has been added. Make sure water is at rolling boil.

Place a little of the thick batter on a cutting board; hold board slightly tilted above the boiling water. With a sharp knife, chop small amounts of batter into the boiling water. Between chops, dip knife into water to cleanse. As soon as the spatzien begin to come to the top of the water, scoop them out with a small strainer and place in a warm dish. After removing all spatzien from water and same are in serving dish, add a pat of butter on top.

These spatzien are especially delicious when served with a pot roast, chicken with tomato sauce, or any type meat which has a large quantity of good thick gravy. All that is needed to complete the dinner is a good tossed salad. Serves two.

Mrs. W. E. Pupa

### TOPFENKNOEDEL (Czech Cheese Dumplings)

1 package (1 pound) farmer's cheese	1 tablespoon flour
1 roll or 2 pieces white bread soaked in water (drained)	3 tablespoons bread crumbs
2 egg yolks	Pinch of salt
	Plenty of melted butter

Mix all ingredients and leave in refrigerator overnight. Shape into dumplings the size of meatballs, dust with flour, drop into salted water which is boiling mildly. Boil for five minutes, remove, drain, sprinkle with sugar and cinnamon and pour hot melted butter over all. Serves four.

Mrs. Emil Chanlett

## SECTION 8

# SALADS

The salad is the most adaptable item on your menu. It may be a relish tray or a simple lettuce salad as a crisp accompaniment to the meal; a slaw or other green salad which serves as a green vegetable; a frozen or molded fruit salad to do double duty as salad and dessert; or it can be a main dish in its own right. We approve with enthusiasm the increased attention salads are receiving. After all, they can taste as good as they are for you.

See Section 14, FOOTBALL FAN FARE, for the following recipes:

Tomato Aspic  
Perfection Salad  
Molded Salad

### CAESAR SALAD

(A Famous California Salad)

3 quarts mixed salad greens (lettuce, romaine, watercress)	1 tablespoon tarragon vinegar
1 pint croutons, sour dough French bread	1 tablespoon Worcestershire sauce
2-3 cloves garlic, sliced	Salt to taste, coarsely ground black pepper to taste
$\frac{1}{2}$ cup olive oil	$\frac{1}{4}$ cup crumbled blue cheese
1 uncooked egg, unbeaten	$\frac{1}{4}$ cup grated Parmesan cheese
2 lemons	12 minced anchovy fillets

Have greens crisp and cold, tear in large pieces. Fry croutons in oil which has had garlic standing in at least an hour, until crisp and golden brown. (Remove garlic before frying.)

Do this part at table so all can watch: Place greens in large salad bowl. Break egg into center. Squeeze lemons over egg. Add in order: vinegar, Worcestershire sauce, salt and pepper, cheeses. Toss lightly but thoroughly. Fold in croutons and anchovies. Serve at once. Serves 12 easily.

Variations: 4 slices crisply fried bacon

$\frac{1}{2}$  cup crumbled bleu cheese in place of combination of cheeses or

$\frac{1}{2}$  cup grated, well aged cheddar cheese

Mrs. F. W. Klingberg

### ALBANIAN SALAD

1 pound fresh young spinach	$\frac{3}{4}$ cup French dressing (about)
4 slices bacon	$\frac{1}{8}$ teaspoon freshly ground black pepper
1 tablespoon melted bacon fat	
1 teaspoon malt vinegar	

Wash spinach thoroughly. Use only spinach leaves, discarding stems. Dry leaves well with paper towels, and crisp in refrigerator at least  $\frac{1}{2}$  hour. Meanwhile fry four slices bacon slowly (more if desired), pouring

off grease as it collects. When bacon is partially cooked, cut in small pieces and continue cooking until crisp. When spinach is crisp, shred in thin slices. Add diced bacon, tablespoon melted bacon fat, vinegar, black pepper, and enough dressing to coat spinach well, but not make it wet. (A quarter cup may be too much, so use your own judgment. It all depends on your spinach.) Toss well and allow to marinate in refrigerator about 20 minutes before serving. Taste and add additional seasonings if necessary. Dressing should be on sharp side, so add more vinegar if salad hasn't enough bite. Makes 4 to 6 servings. (An unusual and delicious salad.)

Mrs. F. W. Klingberg

### SUMMER SUPPER SALAD

1 No. 2 can red kidney beans	Dressing:
1 cup diced celery	1 clove garlic
1 cup diced luncheon meat (salamami is best)	1 teaspoon salt
$\frac{1}{2}$ cup sweet pickle	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup onion, chopped	1 tablespoon sugar
	$\frac{1}{4}$ cup salad oil
	$\frac{1}{4}$ cup vinegar

Rinse in water the beans and add the celery, luncheon meat, sweet pickle, and onion. Pour dressing over the mixture and chill for one hour. Good with platter of crisp summer vegetables, fresh corn and a cool dessert.

Mrs. F. N. Cleaveland

### PINEAPPLE-CHEESE SALAD

Dissolve:

1 envelope Knox gelatine  
 $\frac{1}{2}$  cup cold water (or pineapple juice)

Boil together 5 minutes:

1 cup crushed pineapple  
 $\frac{1}{4}$  cup sugar

Then add the gelatine mixture

When cool—add:

$\frac{1}{2}$  cup fairly sharp ground cheese  
 $\frac{1}{2}$  cup pimiento  
 $\frac{1}{2}$  cup nuts

When fairly stiff add:

$\frac{1}{2}$  cup whipped cream

Mrs. D. H. Buchanan

### RECEPTION SALAD

1 package lemon jello	$\frac{1}{2}$ cup celery, cut fine
1 large can crushed pineapple	$\frac{2}{3}$ cup nuts, pecans, cut fine
2 packages cream cheese	$\frac{1}{2}$ pint cream, whipped
1 small can red pimiento	$\frac{1}{4}$ teaspoon salt

Drain juice from pineapple and add enough water to dissolve jello in two cups hot liquid. Mash the pimiento and cream well with the cheese.



When jello begins to set add all the ingredients including the drained pineapple. Last, fold in the whipped cream and mold but do not freeze. A delicious tea salad.

Mrs. Cornelius O. Cathey

### BLACK CHERRY SALAD OR DESSERT

1 box cherry jello	1 dozen marshmallows (quartered)
1 box lemon jello	1 cup white grapes (fresh, not
1 can black Bing cherries (seeded)	canned) cut in half and seeded.
1 medium can pineapple (cut in	(Malaga type best)
pieces)	

Make jello according to directions and mix two kinds. Allow to chill until slightly thickened. Add fruit and pour into large mold or small individual molds.

As dessert serve with whipped cream. As salad serve with dressing made with one cup salad dressing,  $\frac{1}{2}$  cup whipped cream. Will serve about 16.

Mrs. John J. Wright

### BING CHERRY SALAD

1 package cherry jello	Cherry juice and enough cold
1 package cream cheese	water to make a cup
1 small can Bing cherries	Nuts and celery, if desired
1 cup hot water	

Dissolve jello in hot water. Cream cheese and add cherry juice a little at a time to keep smooth. Remove stones from cherries and place in molds. Combine cheese mixture and jello and pour over cherries. Chill. Serves 6 to 8.

Mrs. Reuben Hill

### SHOWER SALAD

1 package strawberry jello	$\frac{3}{4}$ cup seedless grapes (cut in half)
1 cup boiling water	Pinch of salt
$\frac{1}{2}$ No. 2 can crushed pineapple	$\frac{1}{2}$ cup whipping cream
(well drained)	

Dissolve jello in boiling water. Drain juice off the pineapple, and add enough cold water to make  $\frac{3}{4}$  cup of liquid. Add to jello and let get very cold. Combine grapes and pineapple and add to jello. Whip cream and fold in mixture, and pour into molds that have been rinsed in cold water. When firm unmold and serve on lettuce leaves with mayonnaise and a maraschino cherry. Serves 6.

Mrs. C. H. McGregor

### MOLDED CHERRY SALAD

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 can red sour cherries and juice | 1 tablespoon lemon juice |
| $\frac{3}{4}$ cup sugar           | 1 package cherry jello   |
| 1 cup orange juice                | Nuts (optional)          |

Drain juice from cherries. Pour sugar over cherries and let stand 15 minutes. Heat cherry juice to boiling, pour over jello. Add cherries; stir until sugar is dissolved. Add juices and nuts. Pour into molds and chill. This is a good tart salad, nice to serve with chicken or turkey as a change from cranberries.

Mrs. Olin T. Mouzon

### WHITE SALAD

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 No. 2 can sliced pineapple | $\frac{3}{4}$ cup scalded milk  |
| 32 marshmallows              | 1 cup heavy cream, whipped      |
| 1 env. plain gelatin         | 1 cup blanched almonds, chopped |
| $\frac{1}{2}$ cup cold milk  |                                 |

Cut pineapple and marshmallows into small pieces and soak overnight in pineapple juice from can. Soften gelatin in cold milk and dissolve in hot milk. Pour into pineapple mixture and cool. Fold in whipped cream; add nuts and turn into mold, chill; unmold on bed of greens. (8 servings.)

Mrs. Frazer Banks  
(Courtesy Mrs. Hugh Holman)

### APPLE SAUCE SALAD

- |                       |                                 |
|-----------------------|---------------------------------|
| 2 packages lime jello | 1 can apple sauce (1 lb. 1 oz.) |
| 1 cup boiling water   | 2 bottles 7-Up                  |

Dissolve jello in boiling water, add apple sauce, add 7-Up. Place in molds and chill. Serve on lettuce with mayonnaise. This is a tart salad which is good with pork. (Nuts or shredded vegetables may be added.) (Add 7-Up last to keep fruit from settling.)

Mrs. Luther James Phipps

### PARTY SALAD

- |  |                     |
|--|---------------------|
| 2 packages cherry jello                  | 1 cup boiling water |
| 1 No. 2 can black cherries (1 lb. 4 oz.) | 2 bottles Coca-Cola |

Dissolve jello in boiling water. Add cherries and juice. Add Coca-Cola. Pour in loaf pan and place in refrigerator to jell. Slice one inch across and serve on lettuce with cream cheese dressing.

Mrs. Luther James Phipps

## DATE-GRAPEFRUIT GLOBES

2 grapefruit	$\frac{1}{4}$ cup pitted chopped dates
1 tablespoon plain gelatin	$\frac{1}{4}$ cup chopped nuts
1 cup grapefruit juice	$\frac{1}{4}$ cup chopped celery
$\frac{1}{2}$ cup boiling water	Dash of salt
$\frac{1}{4}$ cup honey	

Cut grapefruit in half, scoop out sections and dice them, reserving the shells. Soften gelatin in a fourth cup of the juice for five minutes. Add boiling water and honey and stir until dissolved. Add remaining grapefruit juice and chill until mixture begins to thicken. Fold in dates, nuts, celery and grapefruit. Fill the grapefruit shells with the gelatin mixture and chill until firm. To serve, cut each shell in half and place on lettuce. Yield: 8 portions. Suggestion: A less tart salad can be obtained by using less grapefruit and increasing the amount of dates, nuts and celery.

Mrs. Olin T. Mouzon

## CRABMEAT AND PINEAPPLE SALAD

2 teaspoons gelatin (soaked in $\frac{1}{3}$ cup grapefruit juice)	$\frac{1}{2}$ cup grapefruit pulp
1 tablespoon vinegar	$\frac{1}{2}$ cup crushed pineapple (drained)
$\frac{1}{2}$ cup mayonnaise	1 cup crabmeat

Dissolve soaked gelatin over hot water. Add vinegar and slowly add to mayonnaise, beating thoroughly. Mix fruits and crabmeat and combine with mayonnaise mixture. Pack in buttered molds and chill until firm. Serves 6, medium size molds.

Mrs. C. H. McGregor

## CONGEALED VEGETABLE SALAD

2 tablespoons plain unflavored gelatin	$\frac{1}{4}$ cup mild vinegar
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ cup lemon juice
$1\frac{1}{4}$ cup boiling water	3 slices of pineapple, diced
$\frac{1}{2}$ cup sugar	3 cups finely shredded cabbage
1 teaspoon salt	1 cup finely diced celery
$\frac{1}{2}$ cup pineapple syrup	$\frac{1}{4}$ cup diced pimientos
	$\frac{1}{4}$ cup diced green peppers

Add gelatin to cold water and let stand five minutes. Add boiling water, sugar, salt, and stir until dissolved. Add pineapple juice from slices, vinegar, and lemon juice and cool. Add other ingredients and pour into mold. Put in refrigerator. This makes about 10 servings.

Mrs. Walter Baucom



## FROZEN FRUIT SALAD

- |   |                                  |
|---|----------------------------------|
| $\frac{1}{2}$ cup juice from a can of fruit salad | 2 beaten eggs                    |
| Juice one lemon                                   | $\frac{1}{2}$ pint whipped cream |
| $\frac{1}{4}$ cup sugar                           | Dash mayonnaise                  |
|   | 1 can fruit salad                |

Put first four ingredients in double boiler and cook until thick. Cool. Add fruit cut up, any fresh fruits or other canned fruit. Add whipped cream and a dash of mayonnaise. Put in freezing tray and freeze. Cut in squares and serve on lettuce leaf.

Mrs. R. C. Warren

## FROZEN FRUIT SALAD

- |  |   |
|--|---|
| 2 3-ounce packages cream cheese                        | 1 No. 2 can ( $2\frac{1}{2}$ cups) crushed pineapple, drained |
| 1 cup mayonnaise                                       |   |
| 1 cup heavy cream, whipped                             | $2\frac{1}{2}$ cups diced marshmallows (about 24)             |
| $\frac{1}{2}$ cup red maraschino cherries, quartered   |   |
| $\frac{1}{2}$ cup green maraschino cherries, quartered |   |

Combine cheese and mayonnaise, blend until smooth. Fold in whipped cream, fruit, and marshmallows. Pour into 1-quart refrigerator tray. Freeze firm. Serves 8 to 10.

Mrs. J. M. Galloway

## CRANBERRY SALAD—NO. 1 (Gelatin Base)

- |                       |                              |
|-----------------------|------------------------------|
| 1 pound cranberries   | $\frac{1}{2}$ cup cold water |
| 1 orange              | 1 cup boiling water          |
| 2 cups sugar          | 1 cup nuts                   |
| 2 tablespoons gelatin | 1 cup diced celery           |

Grind cranberries and orange together. Add sugar and boil for two minutes. Dissolve gelatin in cold water—add hot water. Let cool, then add other ingredients. Pour in mold and let congeal.

Mrs. Bernard Boyd

## CRANBERRY SALAD—NO. 2 (Jello Base)

- |                           |                    |
|---------------------------|--------------------|
| 1 pound cranberries       | 4 cups warm water  |
| 1 orange                  | 1 cup diced celery |
| $1\frac{1}{2}$ cups sugar | 1 cup broken nuts  |
| 2 packages lemon jello    |                    |

Grind cranberries and orange—add sugar and let stand. Dissolve jello in water. Chill until partially set. Add other ingredients. Pour in mold and let congeal.

These salads will serve at least 12 persons and are very pretty for Thanksgiving and Christmas meals. They can be made more colorful by the addition of red food coloring.

Mrs. Bernard Boyd

### CRANBERRY APPLE RELISH

4 cups cranberries	1 lemon
2 apples, pared and cored	2½ cups sugar
2 oranges	

Put cranberries and apples through food chopper, quarter whole oranges and lemon, remove seeds and put through chopper. Add sugar and blend. Chill in refrigerator a few hours before serving. Makes 1½ quarts relish. Keeps for several weeks. Good at Thanksgiving or Christmas with turkey.

Mrs. C. A. Houck

### VEGETABLE SALAD

1 package lime jello	1 cup mayonnaise
½ cup boiling water	2 cups canned peas
¼ cup vegetable liquid	1 cup cooked carrots
4 tablespoons vinegar	1 cup celery
1 teaspoon salt	1 tablespoon pepper (green or red)
1 tablespoon onion	
1 teaspoon mustard	

Dissolve jello in boiling water, after it has set in vegetable liquid 5 minutes. When jello mixture begins to set, add balance of ingredients. Serves 10 easily.

Mrs. D. H. Buchanan

### MOLDED SHRIMP SALAD

2 tablespoons gelatin	½ cup celery
½ cup cold water	½ cup onion
1 can condensed tomato soup	1 tall can shrimp
3 cakes cream cheese	1 cup mayonnaise
½ cup green pepper	

Soften gelatin in cold water; heat soup, add gelatin and cream cheese, mix well. Grind the pepper, celery, onion and shrimp; mix all ingredients well, add mayonnaise and mold. Serves 10.

Serve with the following sauce:

2 eggs, beaten	15 tablespoons sugar
15 tablespoons tarragon vinegar	

Cook over low heat until thick. Serve cold.

For a variation: Leave shrimp out of salad; mold in ring mold and fill center with boiled shrimp.

Mrs. Olin T. Mouzon

## FISH SALAD

Wash fish after cleaning and boil until tender (about 15 or 20 minutes depending on the size of the fish). Remove bones and break into pieces.

Add for each pound of fish:

- $\frac{1}{4}$  cup onion, chopped
- $\frac{1}{4}$  cup celery, chopped
- 1 tablespoon chopped green pepper
- 1 hard boiled egg
- Pepper

Add to taste:

- Mayonnaise
- A bit of mustard
- Worcestershire sauce
- Salt

Mrs. George F. Bentley

## TUNA FISH RING

- |                                     |  |
|-------------------------------------|--|
| 1 package lime jello                | 1 cup finely chopped sweet mixed pickles |
| 1 cup mayonnaise                    |  |
| 1 cup finely chopped celery         | 1 small can tuna fish (flaked)           |
| 1 cup finely chopped stuffed olives | 2 teaspoons vinegar                      |
|                                     | Pinch of salt                            |

Prepare jello according to directions. When slightly congealed, mix in all ingredients. Pour into ring mold and place in refrigerator for several hours. Turn out on large flat dish and surround with lettuce.

Mrs. Hubert Neville

## TOMATO ASPIC

- |                                |                              |
|--------------------------------|------------------------------|
| 2 cups tomato juice            | 1 small can early June peas  |
| 1 package lemon jello          | 1 small onion finely cut, or |
| $\frac{1}{2}$ cup diced celery | 2 tablespoons onion juice    |
| 1 hard boiled egg, diced       | 6 or 8 olives, sliced        |

Bring the tomato juice to a boil and add to the jello. Stir until dissolved and chill until almost set. Then add, varying amount of ingredients to your taste, the celery, egg, peas, onion (or onion juice) and olives. If desired,  $\frac{1}{4}$  green pepper and pimiento may be diced and added.

Mrs. W. J. Ogburn

## EGG SALAD

- |  |                                 |
|--|---------------------------------|
| 8 hard boiled eggs                     | 2 tablespoons chopped parsley   |
| 1 cup diced celery                     | $\frac{1}{4}$ cup pickle relish |
| 1 teaspoon Worcestershire sauce        | 2 tablespoons lemon juice       |
| Dash tobasco                           | 1 envelope gelatin              |
| 2 teaspoons grated onion               | $\frac{1}{4}$ cup cold water    |
| $\frac{1}{4}$ cup chopped green pepper | 2 cups mayonnaise               |

Slice 7 of the eggs (save one for garnish). Soften gelatin in cold water. Place over boiling water to dissolve, cool. Combine eggs and remaining ingredients. Mold.

Mrs. R. D. W. Connor  
(Courtesy of Mrs. W. W. Pierson, Jr.)



## MAYONNAISE

- |                                      |                        |
|--------------------------------------|------------------------|
| 1 egg                                | 1 pint salad oil       |
| Dash of pepper                       | 1 teaspoon salt        |
| 1 teaspoon sugar                     | 1 teaspoon dry mustard |
| 2 tablespoons lemon juice or vinegar |                        |

Use either an egg-beater, or an electric mixer. Put all the ingredients except the oil into a small bowl. Beat, adding a little oil at a time, until all the oil is in. Turn mixer on high speed for a few minutes to thicken mixture. Store in cool place in a tightly covered jar. One teaspoon paprika may be added if desired.

Mrs. L. C. Neville

## FRENCH DRESSING

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 teaspoon sugar                   | Few grains cayenne pepper      |
| $\frac{1}{2}$ teaspoon salt        | 2 tablespoons vinegar          |
| $\frac{1}{2}$ teaspoon dry mustard | Juice from $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ teaspoon paprika     | $\frac{1}{2}$ cup oil          |

Mix dry ingredients with the vinegar and lemon juice. Pour oil in last and beat very hard for a few minutes.

Mrs. Walter Spearman

TWO EXCELLENT GREEN GODDESS DRESSINGS  
FOR GREENS

- |  |                               |
|--|-------------------------------|
| 1 clove garlic, grated                         | 6 anchovy fillets, chopped    |
| 2 tablespoons finely chopped chives            | 1 tablespoon tarragon vinegar |
| 2 tablespoons lemon juice                      | 1 tablespoon chopped parsley  |
| 1 cup mayonnaise                               | $\frac{1}{2}$ cup heavy cream |
| Salt and coarsely ground black pepper to taste |                               |

Mix all ingredients in order listed. Toss with mixed greens.

- |                                    |  |
|------------------------------------|--|
| To one cup of mayonnaise add:      | 1 teaspoon fresh tarragon or $\frac{1}{2}$ |
| $\frac{1}{2}$ cup sour cream       | teaspoon of dried kind that has            |
| $\frac{1}{4}$ cup tarragon vinegar | been dehydrated by putting                 |
| 1 tablespoon chopped chives        | in strainer and pouring hot                |
| $\frac{1}{4}$ cup minced parsley   | water over it                              |

Mix this well and put in refrigerator for a few hours so that ingredients will exchange flavors. Serve it with greens, preferably romaine.

Mrs. F. W. Klingberg

## POTATO SALAD DRESSING

- |   |   |
|---|---|
| 3 tablespoons salad dressing (heaping)                            | $\frac{1}{4}$ teaspoon salt                 |
| 3 tablespoons sugar (level)                                       | $\frac{1}{2}$ teaspoon prepared mustard     |
| 3 tablespoons vinegar (one of pickle vinegar and 2 plain vinegar) | $\frac{1}{2}$ teaspoon Worcestershire sauce |
|   | 3 tablespoons evaporated milk               |
|   | 1 teaspoon celery seed                      |

Combine ingredients and beat with rotary beater.

Mrs. Kemp B. Nye

## CREAM CHEESE DRESSING

2 3-ounce packages of cream       $\frac{1}{2}$  cup mayonnaise  
cheese       $\frac{1}{2}$  cup walnuts

Cream the cheese, add mayonnaise and add walnuts. Use on fruit salad.

Mrs. L. J. Phipps

## MARSHMALLOW DRESSING FOR FRUIT SALAD

8 marshmallows       $\frac{1}{2}$  pint whipping cream  
1 package cream cheese

Cut up marshmallows, and break up cheese into cream. Let stand several hours in refrigerator. Whip just before serving. Will serve 8. Also good on warm gingerbread.

Mrs. J. R. Skretting

## COLE SLAW DRESSING

$\frac{1}{2}$  cup mayonnaise      and marjoram  
1 teaspoon tarragon vinegar      Pinch dry mustard  
 $\frac{1}{3}$  teaspoon mixed sage, thyme,      Dash red pepper and garlic salt  
Mix together and toss with finely shredded cabbage.

Mrs. F. W. Klingberg

## SECTION 9

# BREAD

The smell of bread baking is a strong incentive for baking your own bread—or moving next door to a bakery! A more compelling reason is the enthusiastic reaction of the family and friends of a home baker. Who can resist a slice from a warm loaf of bread? Baking is not as difficult or as time-consuming as most folks think. It's mostly a matter of getting into the habit. Get the feel of a basic recipe, then develop your own variations. In this way you can sneak extra nutrition into your family's meals. This makes a slice of bread more than just a filler—it supplies real food value from the milk, eggs, and any extras you've tossed in.

If we can't persuade you to be your own baker regularly, at least you will occasionally be baking the rolls or other hot breads that dress up even a simple meal. Here are some favorites for you, both yeast breads and quick breads. Be sure to make plenty—they go fast.

See Section 1, COME OVER FOR COFFEE, for the following breads:

- Orange, Nut, and Banana Breads
- Sweet Muffins
- Biscuit Variations
- Cinnamon Rolls
- Special Toast

See Section 14, FOOTBALL FAN FARE, for the following breads:

- Sally Lunn Muffins
- French Loaf Bread

### WHITE OR WHEAT BREAD

2 cups milk (or milk and water)	2 teaspoons salt
1 envelope yeast	1 egg
1 teaspoon sugar	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup water	7 cups flour
$\frac{1}{4}$ cup vegetable shortening	

Scald milk and set aside to cool. Dissolve yeast in  $\frac{1}{2}$  cup lukewarm water to which 1 teaspoon sugar has been added.

Cream together shortening, salt, sugar and egg. Stir in yeast mixture, then flour and lukewarm milk alternately.

Cover and let rise until double in bulk. Punch down, turn out on a floured surface and knead slightly. Shape into loaves and put into greased loaf pans to rise until doubled again. Bake at 350° for about 30 minutes—baking time will depend somewhat on type of pan used.

Your electric mixer is a great help in making this bread—only the last of the flour must be stirred in by hand.

Makes 3 loaves 4"x8".

(For wheat bread, substitute one-half wheat flour—takes longer to rise.)

Mrs. C. A. Kirkpatrick

### ICE BOX ROLLS

1 pint sweet milk	Flour
$\frac{1}{2}$ cup sugar (scant)	1 teaspoon baking powder
$\frac{1}{2}$ cup shortening	1 $\frac{1}{2}$ teaspoon salt
1 yeast cake	$\frac{1}{2}$ teaspoon soda



Heat milk with sugar and shortening until it begins to boil. Cool until lukewarm. Add yeast cake or package of yeast dissolved in about 1 tablespoon water. Stir in flour until batter is as stiff as cake batter. Set aside to rise about 2 or 2½ hours. Then add baking powder, salt, soda and enough additional flour to make a dough. Make out rolls 1 hour or more before cooking. These rolls are very light, and keep in refrigerator well for as long as a week. This is an ample recipe—tried and true—my mother-in-law is famous for her rolls in Mebane and she uses this recipe.

Mrs. Miles Fitch

#### REFRIGERATOR ROLLS

2 cakes yeast	2 whole eggs
1 cup cold water	6 cups unsifted flour
1 cup shortening	1 tablespoon salt
1 cup sugar	1 cup boiling water

Sprinkle yeast on top of cold water in small bowl and set aside. Cream shortening and sugar in large bowl. Add boiling water. Beat the whole eggs until stiff and add to shortening and sugar mixture. To this then add the eggs and the yeast mixture. Sift in flour and salt and mix well. Tightly cover bowl and set in refrigerator overnight or until ready to use. It will keep for a week. Two and a half to three hours before ready to use, roll out the dough to a half-inch thickness and cut in rounds with a biscuit cutter. Place small bits of butter on the rounds, fold over and pinch together the edges. Place on lightly greased pans and brush with melted butter. Let rise two to three hours and bake in hot oven 375° about twenty minutes.

Mrs. L. C. Neville

#### RICH REFRIGERATOR ROLLS

1 cup milk	½ cup sugar
½ cup butter	4 cups flour
3 eggs	½ teaspoon salt
1 package yeast	¼ cup lukewarm water

Scald milk. Add butter and cool. Beat eggs. Add milk mixture and yeast which has been dissolved in the lukewarm water. Sift and beat in sugar, flour and salt. May be kept in refrigerator several days—in fact, are better the second day. Let rise 2 hours. Bake 12-15 minutes at 425°. (Makes good sweet nut rolls.)

Mrs. R. L. McKee

#### SPECIAL CRESCENT ROLLS

2 packages active dry yeast or 2 cakes compressed yeast	½ cup sugar
¼ cup water	¾ teaspoon salt
¼ cup butter	2 well-beaten eggs
¼ cup shortening (vegetable)	4 cups enriched flour
	½ cup scalded milk

Soften active dry yeast in ¼ cup warm water, or compressed yeast in ¼ cup lukewarm water. Cream butter and shortening. Add sugar and salt gradually and cream thoroughly. Blend eggs into yeast mixture; then

blend into creamed mixture. Add half the flour and the milk, cooled to lukewarm; beat well. Beat in remaining flour. Continue beating until dough becomes smooth. Place in well-greased bowl; cover with damp cloth. Let rise until double (about 1½ hours). Round up dough on lightly floured surface; cover with damp cloth and let stand 15 minutes. Divide dough in two equal parts. Roll out each half of dough ¼ inch thick into a large circle (about 16 inches across). Cut each circle into fourths, then cut each quarter into four narrow pie-shaped wedges. Beginning at the wide end of the triangle, roll up each piece. (If you hold one end in each hand, you can flip the long end around so it winds quickly.) Be sure the roll is tight. Then pull each roll out longer by pulling the two ends, and bringing them around to form a crescent. Place rolls about an inch apart on lightly greased cooky sheet. Cover with a clean towel. Let rise until light, but not quite double in bulk (about ½ hour). Bake in hot oven (400°) 10 to 12 minutes. When rolls are done, brush tops with soft butter. Makes 32 rolls.

Mrs. D. O. Price

### BUTTERMILK BISCUITS

(Made with self-rising flour)

1½ cups sifted flour	1/3 cup shortening
¼ teaspoon baking soda	¾ cup buttermilk

Add soda to flour. Cut in shortening. Add milk all at once and quickly stir into soft dough. Turn onto floured board and roll ½ inch thick. Cut and bake in 475° oven 8 to 10 minutes or until brown. Makes about 2 dozen.

Mrs. Bernice Ward

### BAKING POWDER BISCUITS

2 cups sifted flour	5 tablespoons shortening
3 teaspoons baking powder	2/3 cup milk (about)
½ teaspoon salt	

Sift flour with baking powder and salt. Cut in shortening until mixture is as fine as meal. Add milk, mixing until a soft dough is formed. Knead lightly on floured board for about twenty seconds. Roll to half-inch thickness, cut with floured biscuit cutter, and place on greased baking sheet. Bake in very hot oven, 450°, 12 minutes. Makes one dozen biscuits.

Large quantities of the dry mixture may be made easily in the electric mixer and stored in a cannister to be used as needed by the simple addition of milk.

Mrs. L. C. Neville

### SOUTHERN CORN MUFFINS

2 cups buttermilk	1 or 2 eggs
1 teaspoon soda (scant)	Corn meal
1 teaspoon salt	2 tablespoons bacon drippings

Combine buttermilk, salt, soda, eggs and enough meal to make a thin batter. (About 1¾ or 2 cups meal.) Beat well. Preheat cornstick or

muffin pans and grease well with bacon drippings. Add bacon drippings to batter and beat well. Pour into muffin rings (half full) and bake in a hot oven (450°) until brown. This will make about two dozen muffins, and that's not a bit too many for 6-8 people because they are delicious served with butter while they are piping hot.

Mrs. W. R. Alexander

### CORN MEAL CRISPS

- |  |                                      |
|--|--------------------------------------|
| 1 cup yellow corn meal                     | 2 tablespoons melted bacon drippings |
| $\frac{1}{2}$ cup sifted all-purpose flour |                                      |
| $\frac{1}{2}$ teaspoon salt                | $\frac{1}{3}$ cup milk               |
| $\frac{1}{4}$ teaspoon baking soda         |                                      |

Sift dry ingredients and mix in bacon drippings and milk. On floured surface knead dough until it just holds together. Break off 1 inch balls and roll each into very thin 4-inch rounds (leave edges ragged). Bake on ungreased cookie sheet 15 minutes, until golden, in 350° oven. Just before serving brush with melted butter and sprinkle with salt. Makes about 24.

These are good served as bread with a hearty casserole dish, or with cocktails.

Mrs. R. P. Calhoun

### SOUTHERN SPOON BREAD

- |                 |                           |
|-----------------|---------------------------|
| 1 cup corn meal | 3 eggs, beaten separately |
| 2 cups milk     | Big lump of butter        |
| 1 teaspoon salt |                           |

Cook meal, milk and salt to mush over direct heat. Drop in butter, then fold in egg yolks and egg whites. Pour into greased casserole—1½ or 2 quart size. Bake at 325° for about 50 minutes.

Mrs. Bernard Boyd

### SPOON CORN BREAD

- |                            |                     |
|----------------------------|---------------------|
| $\frac{3}{4}$ cup cornmeal | 1 cup boiling water |
| 3 tablespoons margarine    | 2 eggs, well beaten |
| 2 teaspoons baking powder  | 1 cup buttermilk    |
| 1 teaspoon salt            |                     |

Mix cornmeal, salt and margarine. Add boiling water and beat until margarine is melted and mixture is smooth. Add baking powder to beaten eggs and combine with milk. Put these two mixtures together and beat well. Turn into a greased casserole (1½ or 2 qt. size) and bake at 300° for 40 to 50 minutes.

Mrs. C. A. Kirkpatrick

### SALLY LUNN

- |                           |                          |
|---------------------------|--------------------------|
| 2 tablespoons butter      | 1 cup sweet milk         |
| 4 scant tablespoons sugar | $\frac{1}{2}$ cake yeast |
| 2 eggs                    | 3 cups sifted flour      |
| 1 teaspoon salt           |                          |



---

At noon cream butter and sugar. Next add beaten yolks of eggs, salt, and milk. Dissolve yeast in 2 tablespoons lukewarm water and add to above mixture and then add flour. About four o'clock add beaten whites of eggs and pour into cake pan with funnel. Let rise to about twice its size and bake about 45 minutes in moderate oven. Serve hot.

Mrs. R. D. W. Connor

(Courtesy Mrs. W. W. Pierson, Jr.)

### RICH GRIDDLE CAKES

½ cup water	2 teaspoons baking powder
1 cup evaporated milk	½ teaspoon soda
1 tablespoon vinegar	2 teaspoons sugar
2 beaten egg yolks	3 tablespoons salad oil or melted
2 cups flour	shortening
1 teaspoon salt	2 stiffly beaten egg whites

Mix water, milk and vinegar, add to beaten egg yolks. Add sifted dry ingredients, then salad oil or melted shortening. Fold in egg whites. Bake on hot griddle. Makes 8 large cakes. Delicious, with sausage, for Sunday morning breakfast.

Mrs. C. A. Houck, Jr.

## SECTION 10

# DESSERTS

Plan your dessert carefully to fit the rest of the meal. Don't serve too much or too heavy a dessert. With a light meal a rich dessert, but, please, a simple one with a hearty meal. If your guests have eaten particularly enthusiastically, they may appreciate your offering to postpone the dessert until later in the evening (and you may appreciate their offering to help wash the dishes in the meantime).

After a meat-and-potatoes meal try this for a finale which is not exceptionally filling except to the eyes: Split a fresh pineapple in half lengthwise (leave top on). Scoop out and fill with chilled fresh fruit as available—melon balls, orange and grapefruit sections, sliced bananas, apples, grapes, and, of course, pineapple. Sprinkle with confectioner's sugar and place on a long tray or platter (the two bottom ends together, stems heading toward opposite ends of the serving dish). Of course you'll bring this to the table for your guests to admire as you spoon the chilled fruit into sherbet glasses. Crisp cookies are a nice but by no means necessary addition.

Here's a tip for desserts with a topping of whipped cream: Use honey as a sweetener. It gives the cream added body so that it stays whipped. This version can be kept in the refrigerator for two hours before serving.

If your dessert has whipped cream as an ingredient, try substituting whipped evaporated milk. First chill it in your freezing tray until crystals begin to form around the edge, then whip. Especially in desserts with a strong flavor (such as lemon) this substitution defies detection. Even if expense is no object, the canned milk is easy to keep on hand.

See Section 14, FOOTBALL FAN FARE, for the following desserts:

Cocoanut Delight

Angel Food Shortcake

### OLD-FASHIONED WINE JELLY

2 tablespoons gelatine	2/3 cup orange juice
1 cup Sherry or a good grape wine	1/3 cup lemon juice
	1/2 cup cold water
1 cup sugar	1 cup boiling water

Soak gelatine in cold water until soft. Dissolve in boiling water, add sugar and other ingredients. Pour into bowl or molds. Serve with whipped cream or custard sauce. Especially good after a heavy meal.

Mrs. L. F. London

### APPLE CRISP

5 to 6 cups sliced apples (raw)	3/4 teaspoon salt
1 cup flour	1 unbeaten egg
1/3 to 1 cup flour	1/3 cup shortening or butter
1 teaspoon baking powder	1/2 teaspoon cinnamon

Place apples in greased 6x10 inch dish. Mix together flour, sugar, baking powder, salt and egg and sprinkle over apples. Pour shortening or butter over all and sprinkle with cinnamon. Bake 30 to 40 minutes in 350° oven. Serve with cream or top milk to which has been added one teaspoon nutmeg and sugar to taste.

Mrs. J. R. Gove

## APPLE DESSERT

- |                                    |                               |
|------------------------------------|-------------------------------|
| 4 large apples (or more)           | $\frac{1}{2}$ cup brown sugar |
| 1 cup white sugar                  | 1 teaspoon cinnamon           |
| 1 teaspoon cinnamon                | $\frac{1}{2}$ cup pecans      |
| Crust:                             | 1 cup flour                   |
| $\frac{1}{2}$ cup butter (1 stick) | 3 tablespoons water           |

Peel and dice apples in small pieces and place in buttered baking dish. Mix sugar and cinnamon and sprinkle over apples.

To make crust, cream butter and sugar. Add cinnamon and flour, pecans and water. Spread this over apples and bake one hour in moderate oven, 350°. Serve with whipped cream or ice cream. Can be served cold, but better while hot. Serves 6.

Mrs. D. O. Price

## CRUNCHY BAKED APPLES

- |  |                               |
|--|-------------------------------|
| $\frac{1}{4}$ cup butter or margarine        | $\frac{1}{2}$ teaspoon ginger |
| $\frac{1}{2}$ cup brown sugar, firmly packed | $\frac{1}{8}$ teaspoon salt   |
| $\frac{1}{2}$ cup sifted all-purpose flour   | 4 pared, cored apples         |
| 1 teaspoon cinnamon                          | 4 teaspoons brown sugar       |

Heat oven to 350°. Rub butter with back of spoon against sides of bowl until creamy. Slowly add  $\frac{1}{2}$  cup brown sugar and cream until smooth. Stir in flour and spices. Run 4-tined fork over pared and cored apples to score deeply. Pat sugar mixture on apples. Place in 10x6x2" baking dish or in 4 (1 cup) deep pie dishes. Place 1 teaspoon brown sugar in center of each apple. Bake for 40 minutes or until apples are tender and outside is crisp. Serve very warm; as is, or with cream.

Mrs. R. L. McKee

## CUSTARD BREAD PUDDING

- |  |         |
|--|---------|
| $\frac{7}{8}$ quart milk (approximately) | 3 eggs  |
| 6 pieces decrusted white bread           | Raisins |
| 1 teaspoon vanilla                       | Butter  |
| Pinch of salt                            | Nutmeg  |
| 1 scant cup sugar                        |         |

Heat milk, bread, vanilla, salt and sugar in double boiler. Beat eggs and pour into mixture, stirring gently. Pour entire mixture into buttered casserole. Flour a handful of raisins and add to custard. Place as many little pieces of butter as desired on top and sprinkle with nutmeg. Cook in pan of hot water at 400° for 10 minutes, then reduce oven to 350° and cook until set (about 1 hour).

A scoop of vanilla ice cream served on the pudding while it is still warm makes this a more glamorous dessert.

Mrs. W. S. Newman

## DELMONICO PUDDING

- |                           |                              |
|---------------------------|------------------------------|
| 1 pint milk               | $\frac{1}{2}$ cup cold water |
| 3 eggs, separated         | 1 teaspoon vanilla           |
| 1 cup sugar               | 1 dozen almond macaroons     |
| 1 envelope plain gelatine |                              |



Scald milk in double boiler. Mix together yolks of eggs and sugar and gradually add scalded milk. Cook in top of double boiler, stirring constantly until mixture coats spoon. Soften gelatine in cold water 5 minutes and dissolve in hot custard. Remove from heat, fold in stiffly beaten egg whites and vanilla. Line pudding mold with macaroons and pour hot mixture over. Chill overnight. Unmold, top with whipped cream, add a sprinkle of nutmeg. Cut. The pudding shows a top of macaroon, a caramel-like gelatin center, a Bavarian base. (8 portions.)

Mrs. Hugh Holman

(Courtesy Mrs. Frazer Banks)

### CUSTARD WITH SAUCE

#### Custard:

3 cups milk  
3 eggs  
3 tablespoons sugar  
Pinch of salt  
Vanilla (about 1 teaspoon)

#### Sauce:

1 cup sugar  
1 cup dark Karo syrup  
1 cup cream  
2 tablespoons butter or margarine.

Scald milk. Beat eggs, add salt, sugar and vanilla. Add milk. Pour into individual custard cups and sprinkle with nutmeg. Place about an inch of hot water in pan and bake 350° 30 minutes or until knife inserted comes out clean. Cool.

To make sauce, cook sugar, syrup, cream and butter until thick, but not too thick, as it thickens after standing. Do not store in refrigerator just before using, as it will get too hard. It will keep a long time. If it gets too thick, add a few spoons of boiling water and mix well.

When ready to serve, unmold custard and top with sauce and a dab of whipped cream.

Mrs. John J. Wright

### MARY ANN PUDDING

3 cups water	2 tablespoons baking powder
$\frac{1}{4}$ cup butter	1 tablespoon cinnamon
1 cup sugar	1 teaspoon cocoa
1 teaspoon vanilla	1 package chopped dates
1 tablespoon soft butter	1 cup chopped pecans
1 cup sugar	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups flour	

Combine water,  $\frac{1}{4}$  cup butter, 1 cup sugar and vanilla. Boil 10 minutes.

In separate bowl combine 1 tablespoon soft butter, 1 cup sugar, flour, baking powder, cinnamon, cocoa, dates, pecans and milk. Mix well.

Pour first mixture into deep pan. Pour second mixture on top and do not stir. Bake at 350° one half hour. Top servings with whipped cream.

Mrs. Raymond E. Strong

## CUSTARD SOUFFLE

- |                         |                             |
|-------------------------|-----------------------------|
| 3 tablespoons butter    | 4 eggs, separated           |
| $\frac{1}{4}$ cup flour | $\frac{2}{3}$ cup sugar     |
| 1 cup scalded milk      | $\frac{1}{2}$ teaspoon salt |

Melt butter, add flour and gradually add scalded milk. Bring to boiling point and pour on egg yolks well beaten with sugar and salt. Fold into whites of eggs that have been stiffly beaten. Put into buttered dish and bake in slow oven, 300° for 30 minutes. Serve hot with foamy sauce (below).

## FOAMY SAUCE

- |                          |                    |
|--------------------------|--------------------|
| $\frac{1}{2}$ cup butter | 1 egg              |
| 1 cup powdered sugar     | 4 tablespoons wine |

Cream butter and sugar. Add well beaten egg. Gradually add wine. Heat over hot water, beating all the time.

Mrs. W. W. Pierson, Jr.

(Mrs. Pierson got the recipe for the Foamy Sauce from a German boat. She recommends it very highly.)

## DATE PUDDING

- |                   |                            |
|-------------------|----------------------------|
| 2 eggs            | 1 heaping tablespoon flour |
| 1 cup sugar       | 1 teaspoon baking powder   |
| 1 cup walnuts     | 1 teaspoon vanilla         |
| 1 cup dates (cut) |                            |

Mix in order given after beating eggs well. Bake 20 minutes in moderate oven (375°). Serve with whipped cream on top. I usually break mine into pieces and serve in sherbet glasses with cream on top. Be sure to cool before removing from pan.

Mrs. Viola Jacobs

## STEAMED CHOCOLATE PUDDING

- |                            |                              |
|----------------------------|------------------------------|
| 1 cup flour                | 2 heaping tablespoons butter |
| 1 teaspoon baking powder   | 2 beaten eggs                |
| $\frac{3}{4}$ cup sugar    | 1 teaspoon vanilla           |
| $\frac{1}{2}$ cup milk     | Pinch salt                   |
| 2 squares baking chocolate |                              |

Sift flour and baking powder. Add sugar, milk and chocolate which has been melted with butter. Add eggs, vanilla and salt. Butter top of double boiler well. Put cloth tightly between pudding and lid of double boiler top. Steam 2 hours very slowly. Serve hot with vanilla ice cream, frozen whipped cream or hard sauce (lots).

Mrs. Gerald A. Barrett

## CAN'T-POSSIBLY-FAIL CHOCOLATE DESSERT

- |  |  |
|--|--|
| $\frac{1}{2}$ lb. vanilla wafers, rolled fine      | 2 squares bitter chocolate, melted                 |
| 1 cup soft butter (margarine just isn't good here) | 1 teaspoon vanilla                                 |
| 2 cups powdered sugar                              | 1 cup nuts chopped rather fine (walnuts or pecans) |
| 3 egg yolks, beaten                                | 3 egg whites, beaten stiff                         |

Two ice cube trays are about right for this dessert, or any shallow square or oblong pan will work. Line the bottom of pan or pans with half the vanilla wafer crumbs. Combine other ingredients in the order given and spread carefully over crumb mixture. Sprinkle the remaining crumbs on top. Put in refrigerator for 24 hours preferably. It will last indefinitely. I like to put it in the freezing unit for an hour or so before I serve it so that it will set as hard as possible. Cut it into servings and decorate with unsweetened whipped cream and a cherry, or serve just as is. Serves 8-10.

Mrs. Reuben Hill

### BAKED DEVIL'S FLOAT

- |                            |                                     |
|----------------------------|-------------------------------------|
| $\frac{1}{2}$ cup sugar    | 1 cup flour                         |
| $1\frac{1}{2}$ cups water  | $\frac{1}{2}$ teaspoon salt         |
| 12 marshmallows, quartered | 1 teaspoon baking powder            |
| 2 tablespoons shortening   | 3 tablespoons cocoa                 |
| $\frac{1}{2}$ cup sugar    | $\frac{1}{2}$ cup milk              |
| 1 teaspoon vanilla         | $\frac{1}{2}$ cup chopped nut meats |

Cook  $\frac{1}{2}$  cup sugar and water 5 minutes; pour into casserole. Top with marshmallows. Cream shortening and remaining sugar; add vanilla. Add flour, sifted with salt, baking powder and cocoa alternately with milk. Add nut meats. Drop from spoon over marshmallows. Cover; bake in moderate oven ( $350^{\circ}$ ) 45 minutes. Serves 6.

Mrs. Raymond Knight

### LEMON FLUFF

- |                                     |   |
|-------------------------------------|---|
| 1 package lemon Jello               | Graham Cracker Crust:                   |
| 1 tall can evaporated milk, chilled | $1\frac{1}{2}$ cups fine graham cracker |
| 1 cup sugar                         | crumbs                                  |
| Juice and rind of 1 lemon           | $\frac{1}{4}$ cup sugar                 |
| (more if you like it tart)          | $\frac{1}{2}$ cup melted butter         |

Dissolve Jello according to directions on package. Chill until slightly congealed and whip. Whip chilled milk until like whipped cream; add sugar, lemon juice and rind and mix well. Add this mixture to whipped jello.

To make graham cracker crust, combine ingredients and mix well. Sprinkle half of mixture on two 8 or 9" well buttered tins. Fill with Jello and milk mixture and top with remaining crumbs. Chill until set—overnight if possible. Serve plain or with whipped cream. Serves 12.

Mrs. E. M. Adams

### LEMON SOUFFLE

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 5 tablespoons softened butter or | 2 cups milk                        |
| margarine                        | $\frac{3}{4}$ cup lemon juice      |
| $2\frac{1}{4}$ cups sugar        | Grated rind of 3 lemons            |
| 5 tablespoons flour              | 1 cup chopped dates                |
| $\frac{1}{4}$ teaspoon salt      | $\frac{3}{4}$ cup broken nut meats |
| 6 eggs, separated                |                                    |



Cream margarine or butter. Blend in sugar, flour and salt which have been sifted together. Add beaten egg yolks combined with milk. Blend in lemon juice and grated rind. Beat egg whites until stiff, fold them into mixture and add dates and nut meats. Pour into lightly buttered 2-quart baking dish, set in pan of hot water and bake in oven preheated to 325° for about 50 minutes. Chill in refrigerator an hour or so, or serve piping hot. The top half will have a cake-like consistency and the bottom will be a lemon sauce with dates and nuts in it.

Mrs. William Sprinkle

### LEMON CUPS

- |                           |                           |
|---------------------------|---------------------------|
| 1 cup sugar               | 4 tablespoons flour       |
| 2 tablespoons butter      | Pinch salt                |
| 3 eggs                    | Rind of one lemon, grated |
| 5 tablespoons lemon juice | <i>1/2 cup milk</i>       |

Cream butter, add sugar, flour, salt, lemon rind and juice. Pour on mixture of well beaten egg yolks and milk, stirring well. Fold in stiffly beaten egg whites. Bake in casserole or custard cups placed in pan of hot water for 45 minutes in moderate oven. This is lemon cake and custard combined, and is good!

Mrs. O. David Garvin

### ORANGE SPONGE CUPS

- |  |  |
|--|--|
| 2 tablespoons butter                     | 2 tablespoons flour                    |
| 2/3 cup sugar                            | 1 cup milk                             |
| 2 egg yolks, unbeaten                    | 2 egg whites, beaten stiff but not dry |
| 1/4 can concentrated frozen orange juice |  |

Cream butter, add sugar gradually, cream thoroughly. Add egg yolks, beat well, add orange juice, then flour. Add milk gradually and blend well. Fold beaten egg whites into mixture. Turn into greased custard cups, place in pan of hot water and bake at 375° for 35 minutes. This may also be baked as a pudding in an 8-inch glass baking dish, placed in hot water.

Mrs. Allan Northend

### GRAHAM CRACKER ROLL

- |   |                       |
|---|-----------------------|
| 1 1/2 cups graham cracker crumbs<br>(16 crackers) | 1/8 teaspoon salt     |
| 1 cup chopped dates                               | 1/2 cup nuts          |
| 1 tablespoon orange juice                         | 1/2 cup whipped cream |
| 10 marshmallows (cut)                             | Cherries for top      |

Pour orange juice over dates. Add salt. Fold dates, nuts and marshmallows into whipped cream, then fold in graham cracker crumbs. Sprinkle crumbs on wax paper and turn date mixture onto wax paper and mold into roll. Keep in refrigerator for 12 hours. Serve topped with whipped cream and cherries.

Mrs. Raymond Knight

## RUM FLAVORED CHIFFON DESSERT

2 eggs, beaten separately	2 tablespoons rum
$\frac{1}{2}$ cup sugar	15 graham crackers
$\frac{1}{2}$ cup milk	2 teaspoons cinnamon
1 tablespoon gelatine	4 tablespoons butter
$\frac{1}{2}$ cup cold water	2 tablespoons brown sugar
$\frac{1}{2}$ pint whipping cream	

Cook in double boiler egg yolks, sugar and milk until mixture begins to thicken. Soak gelatine in cold water, add to mixture and beat with rotary beater. Allow this to cool, then add stiffly beaten egg whites, whipped cream and rum. Pour into 9"x9" pan that has been lined with crust made of graham crackers, cinnamon, butter and brown sugar, saving part of graham cracker mixture to sprinkle on top. Chill overnight.

Mrs. G. B. Cleveland

## STRAWBERRY MARLOWE

2 pints strawberries	$\frac{1}{2}$ pound marshmallows
$\frac{1}{2}$ pint whipping cream	Powdered sugar

Mash strawberries with enough powdered sugar to sweeten. If frozen berries are used, no sugar is required. Cut up marshmallows in very small pieces with scissors and mix with berries; put into bowl in refrigerator and mix frequently. Before serving, fold in cream, which has been whipped. Return to refrigerator and chill. This is better when made a day ahead.

Mrs. T. H. Darden

## MARSHMALLOW WHIP

$\frac{1}{2}$ pound marshmallows	$\frac{1}{2}$ pint whipping cream
$\frac{1}{2}$ cup milk	1 cup crushed pineapple
Juice of $\frac{1}{2}$ lemon	

Combine marshmallows, lemon juice and milk in top of double boiler. Heat until marshmallows dissolve. Cool. Whip cream and add to mixture. Then add crushed pineapple. Put in sherbet glasses and chill.

Mrs. J. M. Galloway

## VANILLA WAFER PUDDING

$\frac{1}{2}$ cup butter	1 teaspoon vanilla
1 cup sugar	1 pound vanilla wafers
2 eggs	2 packages lemon Jello
2 cups strawberries (chopped)	

Chill lemon Jello until slightly congealed. Cream butter and sugar. Add egg yolks and chopped berries and vanilla. Fold in stiffly beaten egg whites. Arrange wafers over bottom of pan. Spread mixture over wafers arranged in layers. Whip lemon Jello and pour over wafers. Chill mixture. Cut into servings and garnish with chopped strawberries and whipped cream.

Mrs. Raymond Knight

## HEAVENLY HASH

- |                        |                                  |
|------------------------|----------------------------------|
| 1 pint cream, whipped  | Small bottle maraschino cherries |
| 1 box marshmallows     | 3 bananas                        |
| 1 medium can pineapple | 1 cup chopped pecans or walnuts  |

Dice marshmallows, cherries and bananas. Mix all ingredients and chill thoroughly. Serve in sherbet dishes and garnish with a cherry. Expensive, but sooo good!

Mrs. E. P. Douglass

## PINEAPPLE-NUT ICE BOX CAKE

- |  |                |
|--|----------------|
| $\frac{3}{4}$ cup confectioner's sugar             | 1 egg white    |
| $\frac{1}{2}$ cup butter                           | Vanilla wafers |
| $\frac{1}{4}$ cup chopped, blanched almonds        | Whipped cream  |
| $\frac{1}{2}$ cup well drained, shredded pineapple |                |

Cream together sugar and butter, and chopped almonds and pineapple and blend thoroughly. Beat egg white until stiff and fold into pineapple-nut mixture. Line the bottom of a loaf pan with vanilla wafers, cover with a layer of fruit-nut mixture, add a layer of wafers and repeat. Place in refrigerator at least 5 or 6 hours before serving. When ready to serve, top with whipped cream. This is best made with a sweet cream butter. Do not use oleomargarine. It should be served after a simple meal, or as dessert and coffee.

Mrs. C. H. McGregor

## CHOCOLATE ICE BOX CAKE

- |  |                     |
|--|---------------------|
| 1 Betty Crocker Party Cake, using whole eggs | 2 tablespoons sugar |
|  | 4 tablespoons water |
| 1 Bar Baker's Dot Chocolate (red package)    | 4 eggs, separated   |

Line a straight sided angel food cake pan with wax paper or grease. Melt chocolate in double boiler. (Grate one ounce first for decoration). Add sugar and water. Add egg yolks, one at a time. Cook briefly and cool. Fold in the beaten egg whites. Break cake into pieces. Alternate cake pieces and chocolate mixture. Chill 8 hours. Turn out and cover with whipped cream. Sprinkle with the grated chocolate.

Mrs. D. H. Buchanan

## FROZEN LEMON DESSERT

- |                           |   |
|---------------------------|---|
| 3 eggs, separated         | 1 cup whipping cream or chilled evaporated milk |
| 5 tablespoons lemon juice |   |
| $\frac{3}{4}$ cup sugar   | 1 small package vanilla wafers                  |

Combine egg yolks, sugar and lemon juice and cook in double boiler, stirring constantly, until thick. Cool and fold in whipped cream, then beaten egg whites. Pour into one double-size buttered refrigerator tray lined with half of the crumbled vanilla wafers. Top with remaining crumbs and freeze for 3 hours. Prepare this in the morning and forget about it until time to serve.

Mrs. C. A. Kirkpatrick



## PEACH MOUSSE

1½ cups peaches	¾ cup evaporated milk or heavy cream
1⅛ cups sugar	1 teaspoon gelatine
1½ cups milk	¼ cup cold water

Select ripe peaches and crush in an electric mixer. Scald milk and dissolve it in gelatine that has been softened in cold water. Add sugar, mix well, and cool. Add peaches and pour into a refrigerator tray. Chill until thick. Fold in cold evaporated milk or cream and freeze. It is not necessary to whip the evaporated milk or cream to prevent the mousse's becoming icy. This recipe serves 4 generously.

Mrs. J. C. Morrow

## UNCOOKED ICE CREAM

1 cup cream, whipped	3 eggs, separated
¼ teaspoon salt	1/3 cup sugar
1 teaspoon vanilla	

Whip cream; beat whites of eggs with half of sugar. Beat yolks light with rest of sugar, salt and vanilla. Add yolks to cream and fold in whites last. 1 cup of drained, crushed pineapple may be added. Then freeze.

Mrs. M. M. Timmons

## QUICK CHOCOLATE ICE CREAM

4 egg whites, beaten stiff	Few drops almond flavoring
1 small can Hershey's chocolate syrup	½ pint whipping cream, beaten not too stiff

Mix chocolate syrup and almond flavoring into cream. Fold egg whites into mixture. Freeze.

Mrs. R. C. Warren

## ICE CREAM (MILKY WAY)

6 packages Milky Ways	½ cup hot water
1 pint milk	½ cup sugar
1 pint cream	2 teaspoons vanilla
¼ cup cocoa	Salt

Scald milk. Put bars in double boiler and melt, pour hot milk over this and stir until dissolved. Cool. Add ¼ cup cocoa dissolved in ½ cup hot water. Whip cream and add sugar, vanilla and pinch of salt. Fold into other mixture. Put in freezing tray and stir once while freezing.

Mrs. W. W. Pierson, Jr.

## FROZEN FRUIT SHERBET

Juice of 2 oranges	2 bananas, chopped very fine
Juice of 2 lemons	1 cup sugar
2 cups pineapple juice	

Mix together and freeze in ice tray. Excellent dessert for hot days.

Mrs. Kemp B. Nye

## LEMON SHERBET

2 cups milk	Juice of 2 lemons
1 cup sugar	1 cup heavy cream, whipped
2 egg whites	

Dissolve sugar in milk, then add lemon juice which makes milk thicken. Freeze until mushy and then fold in stiffly beaten egg whites and whipped cream. Finish freezing, stirring a time or two to keep from getting icy.

Mrs. James C. Ingram

## MERINGUES GLACÉES

4 egg whites	1 cup granulated sugar
1/2 teaspoon vanilla	

Beat egg whites until stiff, add very gradually 2/3 of sugar and continue beating until mixture will hold its shape, which means it must be as stiff as possible. Add flavoring and then fold in remaining sugar. Shape with tablespoon on cookie sheet which has been covered with waxed paper. With spoon make deep depression in the middle of each meringue. Bake in slow oven (250°) for 1 1/2 hours. Turn off oven and allow them to remain in closed oven overnight, or at least as long as oven is not used. This is the driest place they can be. This recipe will make 16 meringues (about 3x4 inches when baked), which are quite adequate for a filling dessert when filled with fruit and unsweetened whipped cream, or ice cream topped with fruit. I suggest 2 packages of frozen strawberries and 1/2 pint whipping cream.

The secret of good meringues is good beating, slow baking and leisurely drying out. The meringues can be kept right on the pan (they won't stick to the waxed paper) in a cool dry place for 2 or 3 days, if weather is dry. This recipe can be halved successfully to make 8 meringues. It is well to serve this dessert with a dessert spoon and fork, for the last drop is good. It is simple to make, and can be gotten out of the way the day before it is needed, which is a great help when one is having guests for dinner.

Mrs. Henry Brandis

### ANGEL FOOD WALDORF

10-inch angel food cake	6 tablespoons cocoa
1½ pints whipping cream	⅛ teaspoon salt
6 tablespoons sugar	2/3 cup toasted almonds, chopped

Combine cream, sugar, salt and cocoa and chill for 1 hour or more. Whip mixture until stiff. Place cake on serving plate and slice off top about 1 inch down. Cut out a circular section of cake, 1 inch from outer wall and 1 inch from inner wall, leaving a thickness of 2 inches at the bottom. Fill this circular cavity with 1/3 cup of the chocolate cream mixture to which has been added ½ of the nuts. Replace top of cake and spread the remaining cream mixture over top and sides. Sprinkle the remaining nuts over the cream. Chill three hours at least before serving. If you get to the Waldorf Hotel, and are well-heeled, order this one!

Mrs. E. P. Douglass

### SPONGE PINEAPPLE CREAM CAKE

1 sponge cake	Pinch of salt
1 cup pineapple juice	Little can of crushed pineapple
½ cup sugar	1 egg white, beaten
1 egg yolk	Whipped cream
3 tablespoons flour	

Cook together in double boiler pineapple juice, sugar, egg yolk, flour, salt and pineapple. When thickened, add beaten egg white. Cool. Cut cake into four layers and fill with pineapple mixture. Cover entire cake with whipped cream.

Mrs. A. F. Jenzano

### CHEESE CAKE

1 package gelatine	1½ cups sugar
¼ cup cold water	2 pounds cottage cheese
4 egg yolks	1 teaspoon vanilla
1 teaspoon salt	4 egg whites
1 cup milk	½ pint whipping cream

Pour cold water in bowl with gelatine. Beat egg yolks slightly. Add sugar, salt and milk. Cook over boiling water in double boiler until thick. Add gelatine to hot mixture and stir into cheese and vanilla. Beat this complete mixture with egg beater until light and fluffy. Whip cream until stiff. Beat egg whites until stiff and dry. Fold both cream and egg whites into cheese mixture. Pour into pan lined with graham cracker crust. Sprinkle one cup of graham cracker crumbs on top.

Mrs. C. F. Brown



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CHEESE CAKE

1/3 pound graham crackers  
3 whole eggs  
1 1/2 cup sugar  
1/4 teaspoon lemon juice

1/5 pound butter or margarine  
6 packages cream cheese  
1 1/2 pints sour cream  
1/4 teaspoon vanilla

Mix melted butter with crushed graham crackers. Lay in bottom of buttered pan. Cream the cheese with eggs, one at a time, beat well. When smooth add scant 3/4 cup sugar, lemon juice and vanilla. Pour cheese mixture into prepared crust of crumbs. Bake in moderate oven 25-27 minutes. Cool. Mix well sour cream and scant 3/4 cup sugar. When baked cheese mixture is thoroughly cool, cover with sour cream topping and bake 7 minutes at 475°. Do not overbake. Let cool. Put in refrigerator.

I find it is best to bake this cake a day ahead so it has ample opportunity to "set." Use a pan 8-10 inches in diameter. A pan with removable side is good and makes for easy serving at table. Garnish with fresh mint leaves. Serves 14-16.

Mrs. F. W. Klingberg

## SECTION 11

# CAKES AND FROSTINGS

If you've been a customer at a Junior Service League bake sale you may have tasted cakes made from some of these recipes. We immodestly admit that we've never had a cake unsold. Some of our recipes have come down from our grandmothers practically intact, while some our grandmothers' granddaughters have worked out themselves. The result is a very special collection of cakes—from angel food through fruit cake—and frostings to give them the finishing touch.

See Section 1, COME OVER FOR COFFEE, for the following cakes:

Coffee Cakes

Prune Cake

Gingerbread

### ANGEL FOOD CAKE

1½ cups egg whites

1½ teaspoon cream of tartar

1½ cup sugar

¼ teaspoon salt

1 cup flour

1 teaspoon almond flavoring

Sift flour and measure. Add the sifted sugar, cream of tartar, and salt to the flour and sift three or four times. Have egg whites at room temperature. Beat with flat wire beater until eggs peak well but are not dry. Fold in the sifted dry ingredients three or four tablespoons at the time. Add the almond flavoring. Do not overbeat or overstir. Cook in ungreased angel food tube pan at 325° for one hour.

The secret of this light, moist cake is in the assembling of the cake. The procedure is different from most angel food cake recipes.

Mrs. Cornelius O. Cathey

### FRESH COCOANUT CAKE

2 cups sifted cake flour

1/3 cup shortening

3 teaspoons double-action baking powder

1 cup milk

1 teaspoon salt

1 teaspoon vanilla

1/3 cup egg yolks (4 large)

1 1/3 cups sugar

Sift together the dry ingredients. Add the shortening and then 2/3 cup milk and the vanilla. Beat two minutes and add the remaining 1/3 cup milk and the egg yolks. Beat another two minutes and pour into two 8 inch round layer pans which have been greased and floured and lined with plain paper cut to fit and greased. Bake at 350° for 30 to 35 minutes. Place pans on cake rack and let cake cool in pans for five minutes. Turn out while still warm. Prick cake with toothpicks all over each top, and pour on fresh cocoanut milk. Ice first the bottom layer, covering with fresh grated cocoanut, place second layer on top, and then spread icing on top and sides. Pat grated cocoanut all over. Tightly cover cake and place in refrigerator. It keeps for a long time and tastes better cold. Ice with Easy White Icing.

Mrs. L. C. Neville

## MOONLIGHT CHOCOLATE CAKE

1 $\frac{3}{4}$ cups sifted cake flour	1 cup milk
1 teaspoon cream of tartar	3 squares unsweetened chocolate
$\frac{3}{4}$ teaspoon soda	1 teaspoon vanilla
$\frac{1}{2}$ cup shortening	1 teaspoon salt
2 eggs unbeaten	1 $\frac{1}{2}$ cups sugar

Combine flour, cream of tartar, soda, and salt. Sift together three times. Cream shortening, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Add flour alternately with milk. Then add melted chocolate and vanilla. Turn batter into two round 9 inch layer pans. Bake at 350° for 30 minutes. Frost with Lemon Cream Cheese Frosting.

Mrs. J. T. Gobbel

## WONDERFUL CHOCOLATE CAKE

$\frac{2}{3}$ cup shortening	2 squares melted unsweetened chocolate
$\frac{2}{3}$ cup sugar	2 cups sifted all-purpose flour
1 cup Karo syrup (blue)	1 teaspoon salt
2 eggs, beaten	2 teaspoons baking soda
2 teaspoons vanilla	1 $\frac{1}{2}$ cups sour milk or buttermilk

Cream shortening, gradually add sugar, and beat until light and fluffy. Add syrup, beat well, and then add eggs, vanilla, and melted chocolate. Add sifted dry ingredients alternately with sour milk, stirring just until smooth after each addition. Pour into well-greased pans (2 8-inch pans) and bake in moderate oven at 375° about 25 minutes. When cool, frost with your favorite frosting. This may be baked in square or oblong pan for party squares. Makes about 36 squares.

Mrs. G. R. Creel

## CHOCOLATE CAKE

6 tablespoons margarine or butter	2 cups sifted flour
2 cups sugar	1 cup cocoa
2 eggs	2 teaspoons baking powder
1 $\frac{1}{2}$ cups milk	1 teaspoon salt
2 teaspoons vanilla	

Cream sugar and margarine and add the eggs. Sift the flour, cocoa, baking powder, and salt together. Add vanilla to milk. Add the liquid and dry ingredients alternately to the batter. Bake in two 9-inch cake pans for 25 minutes at 350°. This also makes a large sheet cake. This cake consistently comes out well and is particularly good for icing. It is not crumbly and has a nice, firm texture.

Mrs. J. C. Morrow



**\$100 WALDORF ASTORIA CHOCOLATE CAKE**

$\frac{1}{2}$ cup butter	4 squares chocolate
2 teaspoons baking powder	$1\frac{1}{2}$ cups milk
2 cups flour	2 eggs
2 tablespoons vanilla	2 cups sugar
1 cup nuts	

Cream butter and sugar. Add melted chocolate and well beaten eggs. Sift dry ingredients together and add alternately with milk. Add vanilla and nuts. Bake in loaf pan at  $350^{\circ}$  for 45 minutes to one hour. Use caramel icing at end of this section.

Mrs. Miles Fitch

**MYSTERY MOCHA CAKE**

$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup milk
1 cup sifted flour	1 teaspoon vanilla
2 teaspoons baking powder	$\frac{1}{2}$ cup brown sugar
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup white sugar
1 square baking chocolate	4 tablespoons cocoa
2 tablespoons butter	1 cup cold coffee

Mix and sift first 4 ingredients. Melt chocolate and butter together in top of double boiler, and add to first mixture. Combine milk and vanilla and mix into batter. Pour into greased pan. Combine brown sugar,  $\frac{1}{2}$  cup white sugar and cocoa and sprinkle over batter. Pour coffee over top. Bake at  $350^{\circ}$  for 40 minutes. Serve warm or cold. This looks like a mud puddle but is really good and easy to make.

Mrs. E. P. Douglass

**VELVET CAKE**

1 pound flour	1 cup milk
1 pound sugar	1 teaspoon baking powder
$\frac{1}{2}$ pound butter	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	1 teaspoon lemon flavoring
$\frac{1}{2}$ dozen eggs	

Cream butter and sugar until light. Add whole eggs one at a time, beating after each one until all eggs are used. Sift baking powder and salt with the flour three times and add alternately with the lukewarm milk to mixture. Add the flavoring and beat five to ten minutes with wooden spoon. Cook in tube pound cake pan at  $325^{\circ}$  for one and one-half hours.

This is a very old recipe and it is best to weigh the ingredients and mix by hand rather than the electric mixer.

Mrs. Cornelius O. Cathey

**SPONGE CAKE**

4 eggs	$\frac{1}{2}$ teaspoon baking powder
3 tablespoons cold water	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sifted sugar	$\frac{3}{4}$ teaspoon vanilla
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon almond flavoring
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon cream of tartar

Beat egg yolks till thick and lemon-colored. Add cold water and beat till thick again. Beat in the sugar. Add boiling water and beat till sugar is dissolved. Add sifted flour, salt, and baking powder. Add flavorings. Beat well. Then fold in egg whites beaten with cream of tartar till stiff and in peaks. Bake in ungreased tube pan at 275°-300° for one hour. Do not open oven door for 45 minutes after putting cake in oven. Using a dover beater makes the batter fill a large angel food pan, while the electric mixer makes the batter good but not as tall.

Mrs. R. B. Sharpe

### POUND CAKE

1 $\frac{3}{4}$ cups butter or 2 cups margarine	1 teaspoon baking powder
4 cups cake flour	1 teaspoon vanilla extract
8 eggs	1 teaspoon lemon extract
2 cups sugar	1 tablespoon cooking sherry
$\frac{1}{8}$ teaspoon salt	

Cream butter and work in flour until mixture is of fine, mealy texture. Beat eggs until lemon-colored; combine with sugar and add to flour mixture. Add salt, baking powder, extracts, and sherry. Beat 15 minutes with rotary beater or 5 minutes at high speed with electric beater. Bake in greased tube pan in slow oven at 250° 40 minutes, then increase heat to 325° for 40 minutes. Crust formed on cake makes frosting unnecessary. However, an orange frosting of confectioner's sugar, orange juice and margarine is very good.

Note: It is a good idea to test this cake for "doneness" 10 to 15 minutes before it is supposed to come out of the oven, for it is easy to over-bake this cake if your oven is not correctly calibrated. Pressing a finger on top of the cake and watching to see that the cake springs back is the test for "doneness."

Mrs. Kenneth Putnam

### QUICK POUND CAKE

1 cup butter	$\frac{3}{4}$ cup milk
2 $\frac{3}{4}$ cups flour	3 whole eggs
1 $\frac{3}{4}$ cups sugar	1 egg yolk
1 teaspoon salt	1 teaspoon vanilla
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon lemon flavoring

Sift flour, sugar, salt, and baking powder together three times into mixing bowl. Now add all the remaining ingredients, having the butter soft, and mix well. Then beat about three minutes with a wooden spoon.

Cook in a tube pan at 325° about an hour.

Mrs. Cornelius O. Cathey

## 20TH CENTURY POUND CAKE

$\frac{3}{4}$ pound butter	1 teaspoon baking powder
$1\frac{1}{2}$ cups sugar	1 cup milk
6 eggs	1 teaspoon vanilla
$3\frac{1}{2}$ cups flour	

Cream butter, add sugar gradually, and then add egg yolks one at a time. Beat. Add flour and baking powder alternately with milk. Add vanilla, fold in stiffly beaten egg whites, and bake in angel food cake pan for about two hours at 300°. Do not preheat oven.

Mrs. W. J. Ogburn

## LAZY-DAISY CAKE

## Topping:

1 cup sugar	5 tablespoons white sugar
2 eggs	4 tablespoons brown sugar
1 cup cake flour	4 tablespoons cream
1 teaspoon baking powder	$\frac{1}{2}$ cup shredded cocoanut
$\frac{1}{2}$ teaspoon salt	4 tablespoons melted butter
$\frac{1}{2}$ cup hot milk (into which 1 tea- spoon butter is melted)	$\frac{1}{2}$ cup nuts

Beat eggs until light and add sugar gradually. Add flour, baking powder and salt sifted together. Stir in hot milk into which 1 teaspoon butter has been melted. Bake in 8 inch x 8 inch pan in moderate oven for 25 minutes. When done spread top with topping which has been thoroughly mixed together. Put under fire and broil until a delicate brown. Cut into squares and serve as dessert cake.

Mrs. F. N. Cleaveland

## APPLE SAUCE CAKE

$1\frac{1}{2}$ cups thick unsweetened apple sauce	1 teaspoon cinnamon
$\frac{1}{2}$ cup shortening	1 teaspoon nutmeg
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 cup raisins	2 cups plain flour
$\frac{1}{2}$ teaspoon cloves	2 teaspoons soda
	$\frac{1}{2}$ cup nuts

Put shortening, sugar, and raisins into hot apple sauce. When cool, add spices, flour and soda, mix, and then add nuts. Put into greased 8 or 9 inch tube pan and bake at 350° one hour and 15 minutes.

Mrs. B. L. Ward



## BANANA CAKE

$\frac{1}{2}$ cup shortening	1 teaspoon vanilla
1 cup sugar	Topping:
1 egg	6 to 8 tablespoons brown sugar
$\frac{1}{4}$ cup sour milk	2 tablespoons butter
2 bananas mashed	2 tablespoons cream
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup shredded cocoanut
1 teaspoon soda	1 teaspoon vanilla
1 teaspoon salt	

Cream the shortening and sugar and add the egg and mix well. Mash the bananas into a pulp and add. Sift salt and soda with the flour and add alternately with the milk to mixture. Add vanilla. Cook in oblong Pyrex pan at  $350^{\circ}$  about 35 minutes. Melt the ingredients for the topping in the double boiler. When the cake is done spread the brown sugar mixture over the top and run under the broiler about two minutes.

Mrs. Cornelius O. Cathey

## ORANGE LOAF CAKE

2 cups sifted cake flour	$\frac{1}{2}$ cup vegetable shortening (part
$1\frac{1}{2}$ teaspoon double action baking powder	butter adds flavor)
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup liquid (use grated rind and
$1\frac{1}{4}$ cups sugar	juice from one orange plus
	water to make $\frac{1}{2}$ cup)
	2 large unbeaten eggs

Sift the dry ingredients into a bowl. Add the shortening and the liquid. Mix with electric mixer on slow to medium speed or with spoon for two minutes. Scrape bowl frequently. Add the eggs and continue mixing two more minutes, scraping the bowl frequently. Pour into greased and paper-lined 8x4 pan. Place on flat pan for more even baking. Bake 1 hour in moderate oven at  $350^{\circ}$ . It may rise in center and crack. This cake is delicious uniced.

Mrs. Miles Fitch

## ORANGE CAKE

1 cup sugar	Pinch salt
$\frac{1}{2}$ cup butter	Rind of small orange (ground)
2 eggs	1 cup raisins (ground)
1 cup sour milk	Topping:
1 teaspoon baking soda	Juice of small orange
$2\frac{1}{4}$ cups cake flour	Juice of $\frac{1}{2}$ lemon
1 teaspoon baking powder	$\frac{1}{2}$ cup sugar

Mix butter and sugar together well. Add eggs and beat well. Mix baking soda with milk and add alternately with flour and baking powder which have been sifted together. Add ground mixture of orange and raisins which has gone through food chopper. Mix batter well. Bake in a long buttered cake pan at 350° for about 30 minutes or until it begins to brown and shrink from the pan. Remove from oven and pour over the hot cake the topping. This cake has a unique flavor. Nuts may be added.

Mrs. H. A. Bierck

### HERMIT CAKE

1 cup shortening (preferably butter)	spice, nutmeg, and mace
1½ cups brown sugar	2 teaspoons each of lemon and vanilla extract
3 eggs	1 pound dates
2½ cups flour	¼ pound orange or lemon peel (can be mixed)
1 teaspoon soda	¼ pound pineapple or cherries (optional)
1 teaspoon cinnamon	1 cup nuts
1 pinch salt	
¼ teaspoon each of cloves, all-	

Cream shortening and sugar. Add eggs and mix well. Sift flour with spices and beat into batter. Add chopped dates and peel and fold in nuts. Cut brown paper to line bottom of tube cake pan. Bake 1½ to 2 hours at 275°. This cake has an exceptionally delicious flavor and some prefer it to the raisin-filled fruit cakes.

Mrs. J. C. Morrow

### ORANGE-RAISIN CAKE

1 cup raisins	1 cup milk (sweet or sour)
½ cup nuts	2 cups flour
Rind of one orange pared thinly	1 teaspoon soda
½ cup shortening	½ teaspoon salt
1 cup sugar	Topping:
2 beaten eggs	1 cup sugar
1 teaspoon vanilla	1/3 cup orange juice

Cream shortening and sugar. Add eggs and then the vanilla. Beat well. Add fruit mixture (consisting of raisins, nuts, and orange rind which has been put through the fine knife of the food grinder), and then add the flour, soda, and salt mixture (which has been sifted together) alternately with the milk. Bake in greased pan in moderate oven of 350° about 40 minutes. While cake is still hot, spread the topping over it. Serve warm with whipped cream. If the orange-sugar topping is omitted the cake can be iced with a butter or steamed icing.

Mrs. R. B. Sharpe

## MATRIMONIAL CAKES

$\frac{3}{4}$ cups butter	Filling:
$1\frac{1}{4}$ cups flour	$1\frac{1}{2}$ cup dates (1 package) cut fine
1 cup brown sugar	$\frac{1}{2}$ cup water
$1\frac{1}{4}$ cups Quick Quaker oats	1 cup sugar
1 teaspoon soda	1 cup chopped nuts (pecans)
$\frac{1}{4}$ teaspoon salt	

Cream butter and sugar. Sift soda and salt with the flour and add to the butter and sugar which has been creamed. Add the Quaker oats. Divide this mixture in half. Use half to line bottom of square cake pan. Use the other half as a top crust with the filling between. Cook the filling in a double boiler until it thickens and is well mixed. After spreading the filling and covering with the other half of the mixture, cook for 25 minutes at  $350^{\circ}$  and cut in small squares while warm.

Mrs. Cornelius O. Cathey

## SALLY WHITE CAKE

Whites of 5 eggs	1 teaspoon cream of tartar
$\frac{1}{2}$ pound sugar	1 large grated cocoanut
$\frac{3}{8}$ pound butter	$\frac{1}{2}$ pound almonds, blanched and cut
$\frac{1}{2}$ pound flour	$\frac{1}{4}$ pound citron, cut in small thin pieces
$\frac{1}{2}$ cup sweet cream	1 teaspoon lemon extract
$\frac{1}{2}$ teaspoon soda	

Beat eggs stiff. Cream butter and sugar very lightly, add the eggs, flour, cream, soda, cream of tartar, lemon extract, and then the cocoanut and citron mixed. Put in mold that has been oiled and has two layers of waxed paper in bottom. Bake in  $300^{\circ}$ - $325^{\circ}$  oven for two hours. Let set in mold until cold. Cake will be better after several days. It cuts better when very cold. I cut it when cold and then let it warm to room temperature before serving.

Mrs. W. H. Plemmons

## LIGHT FRUIT CAKE

1 pound raisins	1 cup shortening
$\frac{1}{2}$ pound citron	1 cup sugar
1 pound candied pineapple	5 eggs
1 pound candied cherries	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ pound mixed orange-lemon peel	2 teaspoons baking powder
1 pound nutmeats	$\frac{1}{4}$ cup orange juice
3 cups all-purpose flour	$1\frac{1}{2}$ tablespoons vanilla

Mix fruits and nuts with 1 cup flour. Cream shortening and add sugar. Add eggs, one at a time. Mix flour, salt and baking powder and add to mixture with fruit juice and vanilla. Fold in fruits and nuts. Bake at  $300^{\circ}$  for  $2\frac{1}{4}$  hours to  $2\frac{1}{2}$  hours. Use tube pan. Yields 6 pounds.

Mrs. J. R. Webb

(Courtesy Mrs. B. L. Ward)



## FRUIT CAKE

$\frac{1}{2}$ pound butter	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ pound citron
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ pound lemon peel
5 eggs	$\frac{1}{4}$ pound orange peel
2 cups flour	$\frac{1}{2}$ pound candied cherries
1 teaspoon baking powder	$\frac{1}{2}$ pound nut meats
1 teaspoon salt	$\frac{1}{2}$ pound dates
6 tablespoons orange juice or wine	$\frac{1}{2}$ pound candied pineapple
1 teaspoon allspice	$\frac{1}{2}$ pound raisins
$\frac{1}{2}$ teaspoon nutmeg	$\frac{1}{4}$ pound dry cocoanut

Shred the peel, halve the cherries, nutmeats and dates, cut the pineapple into pieces the size of almonds, chop the cocoanut very fine. Dredge the fruits thoroughly in  $\frac{1}{4}$  cup of the flour, and sift the remaining  $1\frac{3}{4}$  cups flour with all the dry ingredients, the spices, salt, and baking powder. Cream the butter and sugar, add the honey and stir in the well beaten whole eggs and mix well. Add the dry ingredients alternately with the wine or orange juice. Pour batter over mixed fruits and nuts that have been floured. Mix until all fruit is thoroughly covered with the batter. Baked in lined, tube pound cake pan or two loaf pans at  $250^{\circ}$  four hours. Place a pan with 2 cups water in bottom of oven.

This makes a 5-pound fruit cake. Treat as any fruit cake after baking. This recipe does not have to be made a long time before eating. It is a moist cake—not too dark or light and very good.

Mrs. Cornelius O. Cathey

## BUTTERSCOTCH FROSTING

1 cup brown sugar, firmly packed	$\frac{1}{4}$ cup milk
5 tablespoons butter	$1\frac{1}{2}$ cups powdered sugar
$\frac{1}{4}$ teaspoon salt	

Combine the brown sugar, butter and salt in a saucepan and bring to a boil, stirring constantly. Add the milk and boil slowly for three minutes. Cool, add the powdered sugar and beat until thick enough to spread. Frosts two layers.

Mrs. B. L. Ward

CARAMEL ICING USED WITH \$100 WALDORF ASTORIA  
CHOCOLATE CAKE

1 cup brown sugar	4 tablespoons butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup nuts
$\frac{1}{4}$ cup milk	$1\frac{1}{2}$ cups powdered sugar
1 teaspoon vanilla	

Cook brown sugar, salt, milk, and butter. After it has boiled for three minutes, cool and then add the powdered sugar, vanilla, and chopped nuts.

The story told to me about the recipe is as follows: some gay tourist ate at the Waldorf and was very much impressed with this cake. When she returned home, she wrote and asked for the recipe. On return mail she received the recipe and later the bill for \$100. She was so shocked that she consulted a lawyer who assured her that it was an honest debt.

Mrs. Miles Fitch

### CARAMEL ICING

3 cups brown sugar	1½ cups cream
1 cup butter	Few grains salt

Put ingredients into large saucepan and cook, stirring constantly until sugar is dissolved. Let mixture cook slowly until a little dropped in cold water forms soft ball. Remove from fire and beat until thick and creamy. This makes enough to ice a large three-layer cake. The icing is very rich but keeps remarkably soft indefinitely or as long as cake is uneaten.

Mrs. Lawrence F. London

### PENUCHE FROSTING

1 cup brown sugar (firmly packed)	4 tablespoons butter
½ cup granulated sugar	1 tablespoon corn syrup
1/3 cup milk	¼ teaspoon salt
	1 teaspoon vanilla

Bring slowly to full rolling boil. Stir constantly. Boil briskly one minute. Cool to lukewarm, add vanilla, and beat until thick enough to spread.

Mrs. J. R. Gove

### FUDGE FROSTING

2 cups sugar	⅛ teaspoon salt
¾ cup top milk	1 teaspoon vanilla
2 squares unsweetened chocolate	2 tablespoons butter
2 tablespoons light corn syrup	

Cook ingredients over low heat (except vanilla and butter) and stir until dissolved. Continue cooking until a little syrup dropped in cold water forms a soft ball or 230° F. Stir occasionally. Remove and add 2 tablespoons butter and cool to lukewarm. Add 1 teaspoon vanilla and beat until creamy. If necessary, thin with cream.

Mrs. B. L. Ward

### QUICK CHOCOLATE-FUDGE FROSTING

2 packages chocolate bits melted	Pinch salt
½ stick butter softened	½ cup hot milk
1 box confectioner's sugar	

Combine ingredients and beat until thick enough to spread.

Mrs. J. R. Gove

## SHINY CHOCOLATE FROSTING

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
2 squares bitter chocolate	1 cup confectioner's sugar
$2\frac{1}{4}$ tablespoons boiling water	1 teaspoon vanilla

Melt butter and chocolate. Add salt, sugar, and vanilla and mix to crumbs. Add boiling water and mix until smooth.

Mrs. M. M. Timmons

## TIME-SAVING FROSTING

$1\frac{1}{2}$ cups powdered sugar	1 small egg
2 tablespoons sweet cream	1 square melted chocolate

Combine the sugar, sweet cream, egg (already beaten), and chocolate. Beat mixture until spreading consistency, adding slightly more powdered sugar if necessary. Try this on cookies, too.

Mrs. E. P. Douglass

## MARSHMALLOW FROSTING

15 marshmallows	2 cups powdered sugar
2 tablespoons boiling water	1 teaspoon vanilla

Melt marshmallows in top of double boiler and add boiling water. Stir well and sift in powdered sugar. Add vanilla and spread.

Mrs. E. P. Douglass

## EASY WHITE ICING

4 egg whites	1 tablespoon white corn syrup
1 cup sugar	$\frac{1}{8}$ teaspoon cream of tartar

Measure into top of double-boiler. Cook over boiling water. Stir until mixture becomes too hot to hold the finger in (takes from 5 to 10 minutes). Pour into smaller mixer bowl. Turn on high speed for 10 minutes until mixture holds peaks. Especially good on cocoanut cake.

Mrs. L. C. Neville

## LEMON CREAM CHEESE FROSTING

$\frac{1}{4}$ cup vegetable shortening	2 tablespoons lemon juice
1 package (3 oz.) cream cheese	1 teaspoon grated lemon rind
1 pound powdered sugar	2 tablespoons light cream (about)
Dash of salt	Yellow coloring if desired

Cream together vegetable shortening and cream cheese. Add dash of salt, lemon juice, grated lemon rind and one-half the sugar. Add remaining half of sugar alternately with light cream until frosting is right consistency to spread, beating after each addition until smooth. Add coloring if desired.

Mrs. J. T. Gobbel



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LEMON FILLING FOR CAKE

1 cup sugar	2 teaspoons butter
5 tablespoons flour	1/3 cup lemon juice
1 egg	1/4 cup whipped cream
2/3 cup water	

Combine sugar and flour in double boiler. Add the egg (slightly beaten), lemon juice, water and butter and mix thoroughly. Place over boiling water and cook 10 minutes. Chill and fold in the whipped cream.

Mrs. Hubert Neville

## SECTION 12

# COOKIES AND SMALL CAKES

**WARNING:** We do not guarantee that any of these will keep well unless your cooky jar is under lock and key.

You can easily see that, as a group, we're prejudiced in favor of the kind of cookies which are made in a sheet and cut into squares. They're easy to make and, besides, you can always cut them in half if the size of your group is unexpectedly large!

We do like other kinds of cookies too, so we included our favorite drop cookies, refrigerator cookies, rolled cookies, and cupcakes.

See Section 1, COME OVER FOR COFFEE, for the following:

Date-nut Slices  
Bran Nut Bars  
Doughnuts  
Cheese Cookies and Biscuits

See Section 14, FOOTBALL FAN FARE, for the following:

Graham Cracker Brownies

### FUDGE COOKIES

$\frac{1}{2}$ cup butter	1 cup nuts
$1\frac{1}{4}$ cups brown sugar	$1\frac{1}{2}$ teaspoon baking powder sifted with
2 eggs	2 cups flour, and enough more to make a stiff batter.
3 squares melted chocolate	
$\frac{1}{2}$ cup sweet milk	

Drop on buttered cookie sheet and bake in a moderate oven 10 minutes. These cookies are "tested and true" favorites in our family. Mother always packed a box of these along with my camp clothes. I considered them "essential camping equipment."

Mrs. J. R. Skretting

### CHOCOLATE COOKIES

3 egg whites (about $\frac{1}{3}$ cup)	1 package semisweet chocolate pieces, melted
1 cup sifted confectioner's sugar	
$\frac{1}{3}$ cup crumbled saltine crackers	

Heat oven to  $350^{\circ}$ . Beat egg whites until stiff, but not dry. Add sugar slowly while beating constantly. With spoon fold in saltines and chocolate. Drop by teaspoonfuls, 2 inches apart, onto greased cookie sheet and bake until firm to touch (5-10 minutes). Makes about 3 dozen. (Good for mothers whose babies are eating egg yolks.)

Mrs. Roland Giduz

### OATMEAL COOKIES

2 eggs, well beaten	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{3}$ cups sugar, half brown and half white	2 cups rolled oats
$\frac{1}{2}$ stick butter, melted	$\frac{1}{2}$ teaspoon vanilla

Add sugar to eggs, then other ingredients. Drop teaspoonful at a time on cookie sheet. Flatten out each spoonful with fork dipped in cold water. Cook at 350° until brown (about 12 minutes).

Mrs. L. F. London

### TOLL HOUSE COOKIES WITH OATMEAL

1½ cups sifted flour	1 teaspoon hot water
1 teaspoon soda	1 cup nut meats (cut fine)
1 teaspoon salt	1 or 2 packages semi-sweet chocolate bits
1 cup shortening	2 cups oatmeal (quick or regular, uncooked)
¾ cup brown sugar (firmly packed)	1 teaspoon vanilla
¾ cup granulated sugar	(Nuts may be omitted)
2 eggs (unbeaten)	

Sift flour before measuring, then sift with soda and salt. Cream shortening until soft. Add sugars gradually, creaming until light and fluffy. Add eggs one at a time, beating after each addition, add hot water to creamed mixture, then sifted dry ingredients. Add nut meats, chocolate bits and oatmeal, and mix thoroughly. Add vanilla and blend well. Drop by half teaspoons on a greased cooky sheet. Bake at 375° for 8 minutes. Amount: 100.

Mrs. M. M. Fitch

### KATHERINE'S COOKIES

1 cup ground nuts (packed)	1 egg beaten
1 cup brown sugar	1 tablespoon flour (level)

Mix and roll in balls the size of a walnut. Press on ungreased cookie sheet, with half pecan on top of each cookie. Bake at 400° about 5 minutes, until just brown. They are very easy to burn.

Mrs. Viola Jacobs

### PECAN DREAMS

½ pound butter	2 cups pecans, finely chopped
6 tablespoons confectioner's sugar	2 teaspoons vanilla
2 cups flour	2 teaspoons water

Cream butter, sugar and flour. Add other ingredients. Mix well. Break off pieces size of large dates, roll in palm of hand. Place on greased cooky sheet and bake in slow oven (250°) for about 40-45 minutes. Roll in confectioner's sugar while hot and again when cold. Watch carefully, these burn easily.

Mrs. W. W. Baucom



**VANILLA REFRIGERATOR COOKIES—BASIC RECIPE**

$\frac{1}{2}$ cup shortening	$1\frac{1}{2}$ cups sifted flour
1 cup granulated sugar	$\frac{1}{2}$ teaspoon baking soda
1 egg, well-beaten	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla extract	

Work shortening with a spoon until fluffy and creamy. Add sugar gradually, while continuing to work with a spoon until light. Add well-beaten egg and the vanilla, and mix thoroughly. Sift together the dry ingredients and gradually add, beating after each addition. Shape into a roll  $1\frac{3}{4}$  inches in diameter. Wrap in waxed paper, and chill for several hours. Then cut the slices  $\frac{1}{8}$  inch thick and bake on cookie sheets in oven at  $375^{\circ}$  for about 10 minutes. Makes about 50 cookies. Note: If desired this cookie dough may be wrapped in waxed paper and stored in refrigerator about a week, then sliced and cooked as needed.

**BUTTERSCOTCH REFRIGERATOR COOKIES**

Make Vanilla Refrigerator Cookies, substituting 1 cup of brown sugar, firmly packed, for the granulated sugar.  $\frac{1}{2}$  cup of chopped nuts may be added if desired.

**CHOCOLATE REFRIGERATOR COOKIES**

Make Vanilla Refrigerator Cookies, adding 1 square (1 ounce) unsweetened chocolate, melted, to the egg mixture.  $\frac{1}{2}$  cup chopped nuts may be added.

**NUT REFRIGERATOR COOKIES**

Make Vanilla Refrigerator Cookies, adding  $\frac{1}{2}$  cup chopped nuts to the sifted dry ingredients before adding to the shortening mixture.

**PINWHEEL REFRIGERATOR COOKIES**

Make half recipe each of Butterscotch or Vanilla Refrigerator Cookies, and Chocolate Refrigerator Cookies. Roll or pat chocolate dough on waxed paper without flour, into a rectangular sheet  $8\frac{1}{2} \times 7\frac{1}{2}$  inches. Place vanilla or butterscotch dough on top of chocolate and roll or pat until it is the same size as chocolate. Roll up jelly roll fashion, and chill for several hours. Slice crosswise and bake in moderately hot oven ( $375^{\circ}$ ) for about 10 minutes. Makes about 4 dozen cookies.

**SPICE REFRIGERATOR COOKIES**

Make Vanilla or Butterscotch Cookies sifting  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{4}$  teaspoon nutmeg with dry ingredients.

Mrs. J. R. Gove

## DATE WHIRLS

$\frac{1}{2}$ pound dates	1 egg
$\frac{1}{3}$ cup water	2 cups flour
$\frac{1}{4}$ cup nuts	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup butter	$1\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	

Mix butter, sugar, egg, flour, soda and salt and form into a large, thin square. Boil dates, water and nuts to thick consistency and spread on first mixture. Roll up like jelly roll and keep in refrigerator 24 hours in waxed paper. Slice thin, place on greased cookie sheet, and cook 20 to 30 minutes in medium oven (250-300°). Yields about 3 dozen cookies.

Mrs. Harold Weaver

## VERY GOOD SUGAR COOKIES

1 cup sugar	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ cup butter	1 teaspoon cream of tartar
1 egg	$\frac{1}{4}$ teaspoon salt
2 tablespoons cold water	$2\frac{1}{4}$ cups flour
1 teaspoon vanilla	

Mix together sugar, butter, egg, water and vanilla. Sift flour, soda, cream of tartar and salt. Combine mixtures, stirring well. Roll very thin. Bake in hot oven. Watch carefully.

Mrs. G. A. Barrett

## LITTLE SALTS

2 cups sugar	1 teaspoon baking soda
$\frac{1}{2}$ cup butter	Flour, sifted (enough to make a
1 cup sour cream, not too thick	good cooky dough)
1 teaspoon salt	

Cream sugar and butter. To this add sour cream, in which salt and soda have been dissolved. Add enough flour to make a good cooky dough. Roll it thin, cut into shapes, and bake on a well-buttered, lightly floured sheet in a moderate oven.

Almost every family has a "favorite" recipe, a treasure passed from grandmother or friends on down—and "Little Salts" is just that—really of French-German origin, the name of this cookie is puzzling because it has nothing of the savory biscuit about it, for it is a sweet cooky that takes quite a little salt.

Mrs. J. R. Skretting

## BROWNIES

$\frac{1}{2}$ pound butter	Icing:
2 cups sugar	4 squares chocolate
4 eggs	$\frac{1}{4}$ cup milk
1 cup sifted flour	4 tablespoons butter
2 squares chocolate, melted	1 cup sugar
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
1 cup nuts	$\frac{1}{8}$ teaspoon salt
1 teaspoon vanilla	

Cream butter, add sugar and cream well. Beat in eggs one at a time, add vanilla. Mix nuts in flour and add. Pour into greased and floured pan 11x15 inches and bake in 350° oven 40 minutes.

Icing: Boil one minute and beat until it begins to lose its gloss. Pour over brownies while still warm, right in the pan. When brownies and icing both are cool, cut into squares.

Mrs. L. C. Neville

## CHOCOLATE BAR COOKIES

1 cup butter	2 cups sifted flour
$\frac{1}{2}$ cup white sugar	1 teaspoon baking powder
1 $\frac{1}{2}$ cups brown sugar	$\frac{1}{4}$ teaspoon soda
2 eggs (separate)	$\frac{1}{4}$ teaspoon salt
1 tablespoon cold water	1 8-ounce package sweetened
1 teaspoon vanilla	chocolate chips

Cream butter. Gradually add white sugar,  $\frac{1}{2}$  cup brown sugar, egg yolks, slightly beaten, water and vanilla. Sift flour, salt, baking powder and soda 3 times and add to mixture. Spread on cookie sheet and cover with chocolate chips. Beat egg whites until stiff but not dry, add remaining 1 cup of brown sugar gradually and spread over chocolate chips. Cook 25 minutes in 300° oven. Cut in squares when slightly cool. Serves 1 dozen people.

Mrs. Harold Weaver

## SHERRIED FUDGE BARS

$\frac{1}{2}$ cup flour	1 cup brown sugar, firmly packed
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{4}$ cup medium or sweet sherry
$\frac{1}{2}$ teaspoon soda	1 cup coarsely chopped walnuts
$\frac{1}{4}$ teaspoon salt	or pecans
$\frac{1}{3}$ cup butter or margarine	2 1-ounce squares chocolate
2 eggs	

Mix and sift first four ingredients. Beat eggs until light; add sugar gradually, beating well. Stir in melted butter and melted chocolate. Add dry ingredients, then sherry and nuts. Blend well. Pour into greased and floured 8x8 inch pan and bake in 325° oven 45 minutes or until toothpick inserted in center comes out clean. Cool slightly, then cut into 2-inch squares. Roll in powdered sugar if desired.

Mrs. Bruce Strowd



## BROWN SUGAR BROWNIES

$\frac{1}{2}$ cup shortening	2 teaspoons baking powder
2 cups brown sugar	1 teaspoon salt
2 eggs, slightly beaten	2 teaspoons vanilla
1 cup flour	1 cup nuts

Cream shortening and sugar, then add the slightly beaten eggs. Sift flour, baking powder and salt and combine with first mixture. Add vanilla and nuts. Cook in square cake pan for 25 minutes, at 300°. Yields 1½ dozen squares.

Mrs. Harold Weaver

## DATE SQUARES

1 cup dark brown sugar	2 teaspoons baking powder
$\frac{1}{3}$ cup butter	1 cup English walnut meats
2 unbeaten eggs	1 package dates
$\frac{1}{2}$ cup strong coffee	1 teaspoon vanilla
$1\frac{3}{4}$ cups sifted flour	

Cream butter and sugar together. Add one unbeaten egg and beat. Add second unbeaten egg and beat again. Mix flour and baking powder; add alternately with the coffee, beating thoroughly each time. Add vanilla, and lastly dates and nuts which have been put through the food chopper. Put batter in two square pans which have been greased. Bake in a moderate oven, 350°, for about  $\frac{1}{2}$  hour or until done. If desired, confectioner's sugar may be sifted over the top. Cut in small squares, when served.

Mrs. Allan Northend

## DATE BARS

1 cup sugar	$\frac{1}{2}$ cup flour
1 stick of butter, melted (oleo cannot be used)	$\frac{1}{4}$ cup nuts
1 egg, beaten	1 package chopped dates
	1 teaspoon vanilla

First melt butter, then stir in all other ingredients. Bake at 325° for 40 minutes or until toothpick comes out clean. This does not make very many so if serving many double recipe.

Mrs. Kemp B. Nye

## OUR FAVORITE COOKIES

$2\frac{3}{4}$ cups sifted flour	3 eggs
$2\frac{1}{2}$ teaspoons baking powder	1 cup chopped pecans
$\frac{1}{2}$ teaspoon salt	1 package semi-sweet chocolate bits
$\frac{2}{3}$ cup butter or margarine	
1 pound box brown sugar	

Melt butter, add sugar and cool. Add beaten eggs, then flour which has been sifted with baking powder and salt. Lastly, mix in nuts and chocolate bits. Pour into well greased pan and bake in 350° oven for 25-30 minutes. Cut into squares when cool.

Mrs. H. T. Clark, Jr.

### COCOANUT DREAM BARS

1 teaspoon baking powder	1 cup walnut meats
1 cup brown sugar	2 eggs
1 teaspoon vanilla	Crust:
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup butter or margarine
$1\frac{1}{2}$ cups cocoanut*	1 cup flour
1 tablespoon flour	$\frac{1}{2}$ cup brown sugar

Crust: Mix butter, flour and brown sugar thoroughly, pat into bottom of 8x8 inch pan and bake at 350° for 10 minutes. Cool.

Beat sugar and eggs together, add vanilla, then flour, salt and baking powder. Mix in cocoanut and nuts. Spread over baked crust and bake in moderate oven, 350°, 20 to 25 minutes. Cool slightly before cutting into bars. \*If cocoanut as it comes from package is very dry soak in about 2 tablespoons cream while other preparations are underway. I never use nuts, for cookie is very rich without them. This is a never fail recipe.

Mrs. Bruce Strowd

### WALNUT SQUARES

1 egg	$\frac{1}{2}$ teaspoon salt
1 cup brown sugar	$\frac{1}{8}$ teaspoon soda
$\frac{1}{2}$ teaspoon vanilla	1 cup walnuts, cut up (pecans are
$\frac{1}{2}$ cup sifted plain flour	a good substitute

Beat egg until foamy, then beat in sugar and vanilla. Sift together flour, salt and soda and add to first mixture. Mix in walnuts and spread in well greased 8-inch square pan. Bake until top has a dull crust. Cut into squares while warm. Cool, then remove from pan. Cook at 325° for 25-30 minutes. This makes 16 2-inch squares.

Mrs. W. W. Baucom

### CHARLESTON MUD HENS

$\frac{3}{4}$ cup butter or substitute	1 cup sifted flour
1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	1 teaspoon baking powder
2 eggs, save white of one	1 cup chopped nuts
	$1\frac{1}{2}$ cups brown sugar

Cream butter and white sugar thoroughly. Add eggs, then flour, baking powder, salt, vanilla and nuts. Spread on well greased cooky sheet. Spread on this  $1\frac{1}{2}$  cups brown sugar mixed with egg white. Bake in moderate oven, 375°, for 25 minutes. Cut in strips or squares.

Mrs. Hugh Holman

## CANADIAN SMACKS

1½ cups flour	Topping:
½ cup brown sugar	1 cup brown sugar
1/3 cup butter	1 teaspoon vanilla
2 egg yolks	1 cup chopped nuts
1 teaspoon baking powder	2 egg whites, beaten until stiff
¾ cup well drained crushed pineapple	

Mix and pack in rectangular pan that has been greased, the first five ingredients. Spread pineapple over crumbs in pan and top with mixture of egg whites, brown sugar, vanilla and nuts. Bake in slow (275°) oven 20 minutes or until light brown. Cool in pan before cutting into squares or fingers.

Mrs. G. A. Barrett

## NUT SQUARES

1/3 pound margarine	2 teaspoons baking powder
1 pound light brown sugar	Pinch salt
2 eggs	1 cup nut meats
1 cup flour	1 teaspoon vanilla

Mix as for cake. Bake in greased pan about 25 minutes at 375°. (The batter will rise and fall.) Allow to cool in pan. Cut in squares and dust with powdered sugar, if desired.

Mrs. C. A. Houck

## SOUR CREAM SPICE CAKES

¼ cup shortening	3 teaspoons baking powder
1 cup sugar	1¼ cups sour cream
2 eggs	1 teaspoon cinnamon
2 cups cake flour	½ teaspoon cloves
¾ teaspoon soda	1 teaspoon nutmeg
¼ teaspoon salt	

Cream sugar and shortening; add sour cream and eggs, beating either by hand or mixer. Add flour and spices, with which soda, baking powder and salt have been mixed. Beat thoroughly until batter is smooth. It should be rather thin. Bake as cup cakes or thick layer, and serve hot, either plain or with whipped cream.

Mrs. J. J. Wright



## BANANA CUPCAKES

$\frac{1}{2}$ cup shortening	1 cup mashed ripe bananas
1 cup sugar	$\frac{1}{4}$ cup buttermilk
1 teaspoon vanilla	Frosting:
2 eggs	$\frac{1}{4}$ cup butter
$2\frac{1}{4}$ cups flour	2 cups sifted confectioner's sugar
$2\frac{1}{2}$ teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	2 tablespoons cream
$\frac{1}{4}$ teaspoon soda	

Cream shortening, sugar, vanilla. Beat in eggs, one at a time. Sift dry ingredients; add alternately with banana and buttermilk. Fill paper-lined cupcake pans  $\frac{1}{2}$  full. Bake in moderate oven ( $375^{\circ}$ ) about 20 minutes. Makes 20 cupcakes.

Frost with Butter Cream: Cream butter and sifted confectioner's sugar. Add vanilla and cream. Beat.

Mrs. T. H. Darden

## SECTION 13

### PIES

Let's face it—a pie is no better than its crust. If you don't make good pastry, then better choose another dessert to serve, or a pie with one of those good crumb crusts. There's no use wasting your time on a filling to go in a second-rate crust. Pastry isn't really difficult to master. It requires a casual attitude best achieved through frequent practice and having your mind on something else. Don't work at it too long or too carefully.

Now for some specific thoughts on the subject: Leave your shortening rather coarse—many lumps as large as a pea. Your crust will be easier to handle if chilled a few hours, or even overnight. Keep the pastry for the top crust in the refrigerator while rolling out the bottom. Roll it quickly and if it tears when you transfer it to the pie plate, patch it with your fingers if possible. Re-rolling is bound to toughen it, so better sacrifice that perfect appearance for a perfect taste. Brush the top of your two-crust pies with rich milk before baking—gives it a rich brown color. And be sure to preheat your oven. Remember that the more pies you make, the better pie-maker you become, so keep in practice. As a matter of fact, your eating public will insist that you do.

See Section 1, COME OVER FOR COFFEE, for the following:

#### Cheese Pies

#### PASTRY

1½ cups flour	½ cup shortening
½ teaspoon salt	¼ cup ice water
1 teaspoon baking powder	

Sift dry ingredients together in a bowl. Cut in shortening with two knives or with pastry blender. Sprinkle ice water over mixture while stirring with a fork. Use hands to work it into a ball—until it barely sticks together.

It will be easier to roll out if pastry is chilled for ten minutes. Overnight is even better. Makes enough pastry for one double-crust pie or two single crust pies. For baked pie shell, bake at 450° for ten minutes (in preheated oven).

Note: My favorite shortening is a combination of Crisco and bacon fat (chilled)—about 1/3 of the required amount being bacon fat. If this is used cut down slightly on salt.

Mrs. C. A. Kirkpatrick

#### LUSCIOUS PECAN PIE

3 eggs	1 cup dark corn syrup
2/3 cup sugar	1 cup pecan halves
Dash salt	1 unbaked pie shell
1/3 cup melted butter or margarine	

Beat eggs thoroughly with sugar, salt, melted butter and syrup. Add pecans. Pour into 9-inch unbaked pie shell. Bake in moderate oven, 350°, for 50 minutes or until knife inserted halfway between outside and center of filling comes out clean. Cool before serving.

Mrs. C. A. Houck

### PECAN PIE

3 eggs	1 cup pecan halves
1 cup sugar	1 teaspoon vanilla
1 cup light corn syrup	1 unbaked pie shell

Beat eggs and sugar until thick. Add corn syrup and vanilla. Pour into 9-inch unbaked pie shell. Sprinkle nut meats over filling. Bake in slow oven, 300°, one hour.

Mrs. Walter Baucom

### BROWN SUGAR PIE

4 eggs	2/3 stick melted butter
3 cups brown sugar (packed)	Vanilla to taste
1/2 eggshell of milk	1 unbaked pie shell

Beat ingredients together lightly. Pour into unbaked pie shell. The secret to success is to beat the eggs in just enough to get the mixture all together. Do not beat too much. If too rich, cut down quantity of butter according to taste. Bake in moderate oven, about 325° until set, about 30 minutes.

Mrs. Collier Cobb, Jr.

### CHESS PIE

3 eggs	Pinch salt
1 1/2 cups dark brown sugar	1/2 teaspoon vanilla
1/3 cup butter	1 unbaked pie shell

Cream together the butter, sugar, salt, vanilla and egg yolks. Fold in the stiffly beaten egg whites. Pour into unbaked pie crust and bake for 30 minutes in a moderate oven, 350°.

Mrs. M. M. Timmons

### LEMON CHESS PIE

1/2 cup butter	Juice and grated rind of 3 lemons
2 cups sugar	
1 tablespoon flour	1 unbaked pie shell
5 eggs	

Cream butter and sugar. Add flour, then well beaten eggs. Add lemon juice and rind. Mix well and pour into uncooked pie shell. Bake at 325° until light brown.

Mrs. Hubert Neville



## LEMON MERINGUE PIE

1 $\frac{1}{4}$ cups sugar	3 egg yolks
1 $\frac{1}{4}$ cups water	2 tablespoons milk
1 tablespoon butter	Dash salt
5 tablespoons cornstarch	3 lemons
3 tablespoons water	1 baked pie shell

Mix sugar, water and butter. Bring to boil and lower heat. Add mixture of cornstarch and water. Cook until thick stirring constantly. Beat egg yolks, milk and salt. Add to mixture, cook until thick stirring constantly. Remove from heat. Grate rind of one lemon and squeeze all three. Add rind, juice and pulp to filling. Cool. Pour into baked pie shell.

## Meringue

3 egg whites	6 tablespoons sugar
1 teaspoon lemon juice	

Beat egg whites until stiff, adding sugar and juice gradually. Bake at 350° until golden brown.

Mrs. W. J. Ogburn

## PUFFY LEMON PIE

4 eggs	1 cup sugar
1 teaspoon grated lemon peel	$\frac{1}{4}$ teaspoon salt
4 tablespoons lemon juice	1 baked 9 -inch pie shell

Mix egg yolks, lemon peel and juice and  $\frac{1}{2}$  cup of the sugar in top of double boiler. Cook, stirring constantly until thick. Add salt to egg whites, beat till stiff and gradually beat in remaining  $\frac{1}{2}$  cup of sugar. Fold in hot lemon mixture, heap in baked pie shell and bake in moderate oven, 325°, for 15 to 20 minutes, until lightly browned. It will sink a little but will still be puffy.

Mrs. C. A. Kirkpatrick

## ORANGE PIE

1 stick butter	2 tablespoons frozen orange juice
$\frac{3}{4}$ cup sugar	2 eggs
2 tablespoons grated orange peel	1 unbaked pie shell

Cream butter and  $\frac{1}{2}$  cup sugar. Add orange peel and orange juice. Then add beaten egg yolks. Beat egg whites with remaining  $\frac{1}{4}$  cup sugar and add to first mixture. Pour into unbaked pie shell and bake at 350°. When brown, cut off oven and let pie stand in oven about ten minutes.

Mrs. W. W. Pierson, Jr.

## SHOO-FLY PIE

$\frac{3}{4}$ cup sugar	1 teaspoon soda
$2\frac{1}{2}$ cups sifted flour	1 cup molasses
$\frac{3}{4}$ cup half butter and half shortening	1 cup hot water
	1 unbaked pie shell

Mix sugar, flour and shortening until crumbly and sprinkle a few crumbs over unbaked pie shell until bottom is covered. Mix soda, molasses and hot water and pour into pie crust. Top with remaining crumb mixture. Bake at  $425^{\circ}$  for ten minutes and then at  $325^{\circ}$  for about 35 minutes, or until pie is done. This recipe comes from the Pennsylvania Dutch and is rich, flaky and delicious!

Mrs. E. P. Douglass

## TRANSPARENT PIE

$\frac{1}{2}$ stick butter (generous)	1 tablespoon vinegar
1 cup sugar	1 teaspoon milk
1 teaspoon flour	Nutmeg
2 eggs	1 unbaked pie shell

Cream butter and sugar. Add flour, beaten eggs, vinegar, milk, and nutmeg. Mix well. Pour into unbaked pie shell. Bake in  $325^{\circ}$  oven for about 30 minutes.

Mrs. Fred Patterson, Sr.  
(Courtesy of Mrs. W. W. Pierson, Jr.)

## ANGEL PIE

4 egg whites	$\frac{1}{4}$ teaspoon cream of tartar
1 cup sugar	
Beat egg whites until stiff and dry. Add sugar with cream of tartar mixed in, small amount at a time. Grease pie plate, spread mixture level. Bake in slow oven, $300^{\circ}$ , for one hour.	
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup water
4 egg yolks	Juice of 1 lemon
1 tablespoon flour	

Mix sugar, flour and water and lemon juice. Beat egg yolks slightly. Combine in top of double boiler and cook over shallow water in lower part of boiler. Stir until mixture coats spoon, remove and cool. Smear top of meringue with cream before spreading on filling. Top with whipped cream. Serves 6 to 8.

Mrs. H. T. Clark, Jr.

## RUM CHIFFON PIE

$\frac{2}{3}$ cup milk or light cream	2 tablespoons cold water
3 eggs	1 to 2 tablespoons rum (extract may be used)
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon nutmeg	$\frac{1}{2}$ cup cream, whipped
Dash salt	1 baked pie shell
1 envelope gelatine	

Scald milk or cream in top of double boiler. Mix egg yolks, half of sugar, salt and nutmeg and add, while stirring, to scalded milk. Return to double boiler and cook, stirring constantly, over simmering water until mixture coats spoon. Soften gelatine in water, add to custard and stir until dissolved. Strain mixture. Add rum and vanilla, cool and then chill until mixture begins to set. Beat egg whites very stiff, add remaining sugar and beat again until stiff. Fold into gelatine mixture. Fold in whipped cream. Pour into pastry shell and chill until firm.

Ways to serve: Sprinkle with nutmeg; spread with whipped cream and then sprinkle with nutmeg; spread with whipped cream and sprinkle generously with shaved bitter chocolate. (After serving this to many people, I have found the latter most popular. The shaved chocolate makes a very attractive pie and the flavor blends nicely with the rum filling.)

Mrs. O. T. Mouzon

### MILE HIGH CHIFFON PIE

4 eggs	1 envelope unflavored gelatine
1 teaspoon grated lemon rind	$\frac{1}{4}$ cup cold water
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon salt
1 cup crushed pineapple	$\frac{1}{2}$ cup heavy cream, whipped
$\frac{3}{4}$ cup sugar	1 baked 8-inch pie shell

Combine beaten egg yolks, lemon rind and juice, pineapple,  $\frac{1}{4}$  cup sugar in double boiler, cook until thick, stirring constantly. All gelatine softened in cold water. Stir until dissolved. Cool slightly. Add salt to egg whites. Beat stiff, gradually beating in remaining  $\frac{1}{2}$  cup sugar. Fold in custard mixture. Fill baked shell and chill. Spread with whipped cream.

Mrs. Hugh Holman

### OSGOOD PIE

4 eggs	1 teaspoon cloves
2 cups sugar	1 cup raisins
1 tablespoon butter	1 cup nuts
3 teaspoons vinegar	2 unbaked pie shells
1 teaspoon cinnamon	

Beat yolks lightly. Add sugar and butter. Add vinegar and spices. Beat whites of eggs very stiff and add to above mixture. Add nuts and raisins. Pour into two unbaked pie shells and bake in slow oven,  $300^{\circ}$ , from 30 to 45 minutes. This recipe was my mother's—and is one of my favorites.

Mrs. Miles Fitch

### FRESH STRAWBERRY PIE

1 quart fresh strawberries	Dash salt
1 cup sugar	Sweetened whipped cream
3 tablespoons cornstarch	1 baked 9-inch pie shell



Crush half the berries and bring to boil. Stir in sugar combined with cornstarch and salt. Cook, stirring constantly, until thick, about ten minutes. Spread other half of whole berries in baked pie shell. Pour hot cooked filling over top, cool and refrigerate. Top with sweetened whipped cream to serve.

Mrs. H. A. Bierck

### BUTTERSCOTCH TARTS

2 eggs	4 tablespoons butter
1 cup brown sugar	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	4 tablespoons sugar
4 tablespoons flour	1 recipe baked tart shells
$1\frac{1}{2}$ cups milk	

Combine beaten egg yolks, brown sugar, salt, flour, milk and butter in double boiler. Cook, stirring constantly, until thick. Cover and cook 15 minutes, stirring occasionally. Cool. Add vanilla and pour into baked tart shells. Cover with meringue made from beaten egg whites and 4 tablespoons sugar. Bake in slow oven ( $300^{\circ}$ ) until meringue is golden brown.

Mrs. R. C. Warren

### LIME PIE

Crust:	$\frac{1}{3}$ cup sugar
12 graham crackers	
$\frac{1}{2}$ cup melted butter or shortening	

Crush crackers, add sugar and melted butter and mix well. Press in greased 9-inch pie pan. Chill until set, about 45 minutes.

Filling:	Juice of $1\frac{1}{2}$ lemons
1 package lime jello	Green food coloring
1 cup boiling water	1 cup evaporated milk
1 cup sugar	

Dissolve lime jello in boiling water. Add sugar and when mixture begins to congeal, whip. Add lemon juice and food coloring. Whip evaporated milk which has been thoroughly chilled in refrigerator overnight. Add to jello mixture, pour into pie shell and chill. Lime pie will keep in refrigerator indefinitely.

Mrs. Joel Carter

### PASTEL PIE

2 tablespoons butter or margarine	1 package lime jello
1 can moist shredded cocoanut	$\frac{1}{2}$ cup heavy cream
1 tall can fruit cocktail	

Spread 2 tablespoons soft butter evenly on bottom and side of 9-inch pie pan. Sprinkle cocoanut in pan, pressing evenly into butter. Bake at 350° for 10 to 12 minutes. Cool.

Drain fruit cocktail and reserve syrup. Dissolve lime jello in 1 cup boiling water and 2/3 cup fruit cocktail syrup. Chill until slightly congealed. Beat with rotary beater until thick and fluffy. Fold fruit cocktail into jello. Beat cream and fold into gelatine mixture. Pour mixture into cooled cocoanut shell. Chill several hours until firm. Serves 6.

Mrs. L. L. Vine

### MACAROON PIE

3 egg whites	14 chopped dates
1 cup sugar	1 teaspoon almond extract
14 crushed saltine crackers	1/4 teaspoon baking powder
1/2 cup chopped nuts	Dash salt

Beat egg whites until foamy, adding sugar gradually until you have a stiff meringue. Fold in rest of ingredients. Bake in a 9-inch Pyrex pie pan from 20 to 30 minutes or until browned in a 350° oven. Serves six.

Top with scoop of ice cream. A variety of flavors makes pie more interesting.

Mrs. Joel Carter

### MOCK MINCE MEAT

1 peck green pears (Keefer or local variety)—approximately 26 to 28 large pears	1 pint cider vinegar
2 pounds raisins	4 pounds sugar
	1 tablespoon each of salt, cinnamon, cloves, allspice

Peel and cut up pears. Mix with raisins and grind together. Add sugar, vinegar and spices. Let simmer until very thick and until pears are done. Fill sterilized jars and seal. Makes about four quarts. Excellent pie filling and mixed with nuts and mayonnaise it can be used for sweet sandwiches. Watch closely while cooking as it will scorch easily.

Mrs. Hugh Holman

## SECTION 14

# FOOTBALL FAN FARE

In Chapel Hill fall means football. And football, to a Chapel Hill housewife, means company. All relatives, friends, and acquaintances, and their relatives, friends, and acquaintances descend upon her with small weekend bags and large appetites. Pre-game luncheons, post-game suppers, house guests, parties—it's fun—but about as restful as playing on the team. It's a business where a new idea is as welcome as an extra hand in the kitchen.

Here we have collected suggestions from several hostesses who are experienced at large scale entertaining without the benefit of servants. It is our hope that the personal experiences, helpful hints and tips in this section will enable the inexperienced hostess to entertain guests with confidence.

Decide upon the number of persons you will entertain at your buffet luncheon or supper—and remember there always will be a friend who'll bring a friend—so be prepared! Start planning your "strategy." Plan your menu from appetizers to dessert. Appetizers should be kept simple and easy to prepare in advance. Dips are wonderful as guests will make their own snacks. Choose recipes carefully, preferably those with which you have had success and which can be made at least the day before. Rolls should always be buttered before serving. It's much easier for you to do it in the kitchen than for your guests to struggle with too many utensils on trays. Choose a dessert which can be made well in advance and one which will be easy to serve.

A little thought before shopping will be wise. Make up a shopping list for groceries, meats and staples. Remember decorations, candles, flowers, etc., or plan time to select leaves and flowers from the garden. Check the table linen and does the silver need polishing?

Large crowds may be entertained easily and well if guests serve themselves from a central table or buffet. Hot foods should be replenished frequently or served from chafing dishes.

A well organized hostess means a smiling and gracious one happy to receive guests, who will, incidentally, take their cue from you! If you act uneasy or worried, your guests will naturally feel uncomfortable for having "put you out." Planning ahead and arranging a schedule carefully will make the difference. On the following pages you will find a selection of menus and recipes with tips by the individual contributor. (For smaller groups, don't overlook Sections 3, 4, and 5, where you'll find some tasty casserole recipes especially adaptable to advance preparation.)

### PICKLED OYSTERS

Bring a quart of oysters with their liquor to a boil. Immediately remove oysters and drop in glass jar. To the liquor add 6 whole cloves, 6 whole peppercorns, 6 blades of mace broken in bits, a small red pepper, 1 cup of vinegar and a little celery salt. Boil up once and pour immediately over the oysters. Keep in a dark place till wanted.

Mrs. R. D. W. Connor  
(Courtesy of Mrs. W. W. Pierson, Jr.)



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RAW MUSHROOMS WITH BUTTER

For a small party and if you feel extravagant, buy a basket of large mushrooms, cut each one into about 8 pieces, leaving stem on each piece to pick up easily. Have butter piping hot over candle burner and dunk. Add a little garlic to butter. Don't use margarine—if you can afford mushrooms, you can afford butter! Do not cook mushrooms. This is delicious and a good conversation piece.

Mrs. Jake Wade

## HORSERADISH SAUCE

Use a jar of fresh chilled horseradish, add a little prepared mustard, cream cheese and mayonnaise. Mix to dipping consistency. Sprinkle with paprika. This is delicious with cauliflower, potato chips, etc.

Mrs. Jake Wade

## FRESH CLAM SPREAD

Chop clams fine or grind. Mix with diced onions or onion juice, cream cheese and mayonnaise. Add a dash of Worcestershire sauce. If you want it to dunk carrots and so on, thin it with evaporated milk. If you want it "hot," add tabasco.

Mrs. Jake Wade

## FINGER ROLLS WITH CHICKEN SALAD

Get long finger rolls from bakery. Scoop out inside and fill with chicken salad. One roll will make two servings. Good, easy and goes a long way.

Mrs. Jake Wade

## SAUERKRAUT AND "WIENIES"

Get a gallon jar of wienies put up in a hot sauce. Cut each in two or three pieces. Place in middle of platter of cold sauerkraut. (You won't have any left.)

Mrs. Jake Wade

## EGG AND WALNUT SPREAD

To 4 hard-boiled eggs add one can of ground walnut meats. Salt to taste. Mix with mayonnaise.

Mrs. Jake Wade

## BLUE COTTAGE CHEESE DIP

2½ ounces blue cheese	½ teaspoon grated onion
½ pound creamed cottage cheese	6 tablespoons sour cream

Combine all ingredients. Makes 1 1/3 cups dip.

### MEAT ROLL-UPS

Use thin slices of ready-to-serve meat such as salami, spiced ham, bologna, dried beef, or boiled ham filled with soft cream cheese seasoned with one or more of the following: grated onion, tabasco, Worcestershire, prepared mustard, bottled horseradish, or any cheese spread. To assemble, spread filling on meat slices, roll up tightly. Chill thoroughly. Cut into bite-size pieces.

### CUCUMBER OR ONION SANDWICHES

4 cucumbers, dice, salt and cover with ice. Let stand for one hour. Cream 1 small package cream cheese with enough mayonnaise to spread. Add  $\frac{1}{4}$  teaspoon cayenne pepper and 1 tablespoon vinegar and mix with cucumbers that have been drained. Spread on thin slices of bread. Onions can be substituted for cucumbers.

Mrs. B. L. Ward

### CHEESE SPREAD

$\frac{1}{2}$ pound cheese grated	3 tablespoons chili sauce
1 medium onion grated	

Mix and spread on crackers. Put in covered jar and keep in refrigerator for quick sandwiches.

Mrs. Hugh Holman

### CREAM CHEESE "GOOP"

1 large package cream cheese	Onion juice to taste
$\frac{1}{2}$ can cream of chicken soup	2 bouillon cubes (use muddler
1 cup crab meat	with a bit of soup to mash in
	cup)

Mix all but fish with electric mixer; then flake in crab meat and stir. Try it on a cracker or add charm to the potato chip. Certain to please, especially the men-folk!

Mrs. J. R. Skretting

Hint: An economy measure in making any cream cheese spread or dip is to use creamed cottage cheese, whipped thoroughly in electric mixer with enough cream for right consistency.

### GARLIC CHEESE SPREAD

1 pound American cheese	4 pimientos mashed
1 small package cream cheese	1 teaspoon catsup
3 dashes cayenne pepper	Dash of salt
1 teaspoon Worcestershire sauce	1 garlic bud grated

Mix together and form into roll. Roll in paprika, slice and serve on crackers.

Mrs. L. C. Neville

## BOLOGNA TRIANGLES

- |                                     |  |
|-------------------------------------|--|
| 1 3-ounce package soft cream cheese | $\frac{1}{8}$ teaspoon cayenne pepper  |
| 2 tablespoons milk                  | $\frac{1}{2}$ pound thinly sliced bologna, salami, or other ready to serve luncheon meat, or 1 can thinly sliced luncheon meat |
| 1 tablespoon bottled horseradish    |  |
| 2 teaspoons grated onion            |  |
| $\frac{1}{4}$ teaspoon tabasco      |  |

Combine all ingredients except meat. Spread mixture on 5 slices of meat; stack and top with one unspread slice. Repeat. Wrap each stack in waxed paper and chill thoroughly. Cut each into 8 wedges.

## HAM AND CHEESE SPREAD

- |  |  |
|--|--|
| 1 $2\frac{1}{4}$ ounce can deviled ham | $\frac{1}{2}$ teaspoon lemon juice         |
| 1 3 ounce package soft cream cheese    | $\frac{1}{2}$ teaspoon bottled horseradish |

Combine all ingredients and spread on crackers; makes about  $\frac{3}{4}$  cup.

## CRAB AND EGG SPREAD

- |   |                                    |
|---|------------------------------------|
| 3 chopped hard boiled eggs                          | 1 tablespoon chopped celery        |
| $\frac{1}{2}$ cup flaked cooked or canned crab meat | $\frac{1}{2}$ teaspoon garlic salt |
|   | 1 tablespoon catsup                |
| 2 teaspoons minced green pepper                     | 1 tablespoon mayonnaise            |

Combine all ingredients; makes approximately 1 cup spread.

## ANCHOVY SPREAD

- |  |                                 |
|--|---------------------------------|
| $\frac{1}{2}$ cup soft butter or margarine | 1 tablespoon minced onion       |
| 1 or 2 tablespoons anchovy paste           | $\frac{1}{4}$ cup minced celery |

Combine all ingredients and chill thoroughly before using. Makes approximately  $\frac{2}{3}$  cup.

## HOT BABY PIZZAS

Several hours before serving, split English muffins. Brush cut side with soft butter and spread with tomato paste. Place 1 or 2 thin slices salami, then slices of stuffed olives, on each muffin half. Scatter chopped mushrooms on top and place slice of American cheese on each. Sprinkle with oregano or thyme. Chill. Heat oven to  $350^{\circ}$ , bake 10 minutes. Cut each muffin half in 4 to 6 wedges. Serve hot.

## BROILERETS

Assemble broilerets, on toothpicks, ahead of time; place in refrigerator. Just before serving, place under broiler a few minutes:

- Frank chunks and canned pineapple, stuffed olives or mustard pickles
- Chicken-liver pieces, tiny mushrooms, bacon squares
- Cooked shrimp, bacon squares
- Chicken-livers, stuffed olives
- Pineapple chunks, pitted prunes or dates



## BUFFET LUNCHEON

Mrs. Andrew Shearer

### Punch                      Appetizers

- \* Brunswick Stew
- Baked Ham
- \* Tomato Aspic
- Relish Tray
- Cornsticks
- \* Cocoanut Delight
- Coffee

### BRUNSWICK STEW

- 1 chicken, at least 5 pounds, cooked, boned, and diced not quite as small as for chicken salad
- 1 quart mashed potatoes
- 2 packages frozen small lima beans cooked and drained
- 1 can cream-style corn (yellow is best)
- 1 quart onions cooked and riced
- 2 cans tomato soup
- Salt and pepper
- Half-cup chicken fat

Combine and cook over simmering water three to four hours. Use chicken broth some other day. Serves 15 to 20 people when served with ham.

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### TOMATO ASPIC

- |   |                                   |
|---|-----------------------------------|
| 4 cups tomato juice                                   | $\frac{3}{4}$ cup lemon juice     |
| 2 tablespoons powdered sugar                          | 3 tablespoons granulated gelatine |
| 1 teaspoon salt                                       | soaked in                         |
| 1 bay leaf, 1 stalk celery, 1 small onion sliced thin | $\frac{1}{2}$ cup cold water      |

Cook one cup tomato juice with sugar, salt and bay leaf, celery and onion. Add soaked gelatine and stir until gelatine dissolves, strain. Add remaining tomato juice and lemon juice. Pour into ring mold and chill.

### COCOANUT DELIGHT

- |                                    |   |
|------------------------------------|---|
| 5 egg yolks                        | 2 tablespoons granulated gelatine soaked in |
| Grated rind and juice of one lemon | $\frac{2}{3}$ cup cold water                |
| 1 cup sugar                        | $\frac{1}{2}$ pint whipping cream           |
| Dash of salt                       | 5 egg whites                                |
| 1 No. 2 can crushed pineapple      | 1 loaf of angel food cake                   |

Beat egg yolks slightly and add grated rind and juice of lemon, syrup from the pineapple (drain thoroughly!), sugar and salt. Cook over hot water stirring constantly until mixture thickens or coats the spoon. Remove from heat and add gelatine mixture; add pineapple; chill until mix-

ture begins to thicken. While this mixture is cooling, prepare angel food cake by cutting off the browned part and cutting the cake into one inch cubes. When the mixture is cold, fold into the gelatine the stiffly beaten egg whites and cream. Pour a layer of the mixture into pan (tube cake pan is very good) and add a layer of the cake cubes leaving space between the cubes. Repeat with another layer of gelatine; then cake; then gelatine. Chill thoroughly. Remove from mold and place on a chilled serving dish.

#### FROSTING FOR COCOANUT DELIGHT

1 fresh cocoanut (may substitute shredded cocoanut)	Colored marshmallows or other small colored candy
1/2 pint whipping cream	

Spread cake with whipped cream. Pat on grated cocoanut. Arrange flowers for decoration from the colored marshmallows or candy. Keep chilled until ready to serve. This can be made the day before and kept in refrigerator.

#### MRS. SHEARER'S HINTS

"Brunswick Stew can be made several days ahead if it is frozen. I do this on Monday.

"The day before luncheon bake ham (I use pre-cooked ham usually) using brown sugar, pineapple juice and 1 tablespoon ground cloves mixed to a paste to cover entire ham. Store in refrigerator. Make Cocoanut Delight and store in mold in refrigerator. Do the same with tomato aspic. (Aspic and dessert can be made 2 or 3 days in advance.) If shrimp is to be used as an appetizer it can be cooked, cleaned, and stored in refrigerator also. Place watermelon pickle and other relishes in refrigerator day before. Prepare carrot sticks, celery curls, etc., also, and store in vegetable bin.

"The night before, place the dining table where desired (I place mine against the wall) and set it with plates, forks and napkins at one end. Arrange flowers or fruit for back center of table. Get out all necessary serving dishes. A tablecloth is nice but not necessary. Place coffee cups, spoons, sugar bowl and cream pitcher on side table; also a tray with pitcher and glasses for iced water.

"The top of a hall chest or table is nice to serve punch and appetizers from, so prepare this the night before by placing the punch bowl, cups and napkins ready to use. This keeps the dining room free until time for the meal and also relieves congestion in the living room.

"The day of the luncheon put the Brunswick Stew in a large pan and place over hot water. It takes two or three hours for this to thaw and be ready to serve. Unmold Cocoanut Delight on a large glass plate and frost with whipped cream and cocoanut and return to refrigerator until serving time. Unmold Tomato Aspic on a bed of greens and place cup or bowl of

dressing in center. Return to refrigerator. Put punch ingredients together and fix appetizers. Slice ham very thin so it can be cut with a fork and place on serving platter. Fix relish tray. Make coffee. Place cornsticks in warming oven.

"Take time out to dress!

"Serve punch and appetizers. Place food on dining table so that guests go from plate, fork and napkin to Brunswick Stew, ham, tomato aspic, relish tray to cornsticks. Place small butter knives and butter squares near cornsticks. Serve coffee from small side table as guests are leaving dining room. While living room and hall are comparatively empty, pick up on tray punch cups and napkins.

"Clear dining table and all empty plates (guests will help with this) and serve Cocoanut Delight with fresh coffee from dining table.

"Use as many small tables for the comfort of your guests as you have available, but don't worry about it. Cut the number of articles to be juggled to a minimum and after that your guests are on their own!"

## LUNCHEON OR DINNER MENU FOR 20 GUESTS

Mrs. George Shepard

- \* Shrimp Newburg
- Rice
- \* Perfection Salad
- \* French Loaf Bread
- \* Angel Food Shortcake
- Coffee

### SHRIMP NEWBURG

- |   |   |
|---|---|
| 8 tablespoons butter (or 4 table-<br>spoons butter and 4 of mar-<br>garine) | 3 tablespoons Worcestershire<br>sauce             |
| 7 tablespoons flour   | 4 pounds shrimp, cooked, shelled<br>and de-veined |
| 4 cups coffee cream   | Dash of salt, pepper and cayenne<br>pepper        |
| 12 tablespoons tomato catsup  | 10 tablespoons sherry                             |

Melt butter, add flour and stir till well blended. Stir in coffee cream very slowly. When sauce is thick, stir in catsup and Worcestershire sauce. Add shrimp and seasonings. Stir and cook until well heated. Add sherry. Serve shrimp over rice.

### PERFECTION SALAD

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 package lemon-flavored gelatine | 1 cup finely diced celery  |
| 2 tablespoons lemon juice         | 2 finely chopped pimientos |
| 1 teaspoon salt                   | 6 chopped sweet pickles    |
| 1 cup finely shredded cabbage     |                            |



Prepare gelatine according to directions on package adding lemon juice and salt. Chill. When partially set add the rest of ingredients. When partially set again, pour into individual molds. Chill until firm. Unmold on lettuce leaf. Serves 8; (triple recipe to serve 20).

### FRENCH LOAF BREAD

Purchase three loaves of French bread. Slice as if to serve but in large portions and do not cut through bottom crust. Melt butter seasoned with garlic salt. Brush this in between each slice generously and heat in oven till crisp.

### ANGEL FOOD SHORTCAKE

Purchase a large angel food cake. Slice through middle. Turn bottom side up and ice with whipped cream that has been sweetened and seasoned with strawberry flavoring. On top of this place defrosted strawberries. Take the top portion of the cake and ice the brown side with whipped cream. Place this on the prepared part and repeat icing and strawberries. When through ice whole cake with whipped cream and set in freezing compartment to harden a bit.

### MRS. SHEPARD'S HINTS

"The above menu is simple in construction as it can be prepared the night before or the morning of the football game depending on when the hostess has invited her guests. I usually "do" the table the last thing. The centerpiece requires time as that usually catches the eye when entering the dining room. For this one may use any fall flowers available. To those who are new to Chapel Hill and do not grow their own there are country women to be found on Franklin Street the day before the games peddling marigolds, zinnias, etc. If no flowers are available then a fruit or vegetable arrangement will suffice. I have native pottery bowls and chop plates that I use as serving pieces. They are colorful and lend an informal atmosphere which is as it should be either before or after the game."

### BUFFET LUNCHEON

Mrs. George Barclay

- \* Beef casserole
- Tossed salad
- French bread with garlic butter
- \* Brownies
- Coffee

### BEEF CASSEROLE

- |                         |                           |
|-------------------------|---------------------------|
| 3 pounds ground beef    | 1 can corn niblets        |
| 3 cans tomato soup      | Grated cheese             |
| 2 onions chopped        | 1 large package spaghetti |
| 2 green peppers chopped | Salt and pepper           |
| 48 ripe olives          |                           |

Brown meat, onions and peppers. Add tomato soup, sliced ripe olives, corn and seasoning and cooked spaghetti. Pour one half of the mixture in a casserole and sprinkle with grated cheese. Pour remaining half on top and sprinkle generously with grated cheese. Bake in moderate oven (350°) for 45 minutes. Serves 15 to 20 people and may be prepared the day before and stored in refrigerator.

### GRAHAM CRACKER BROWNIES

(No Baking)

4 squares unsweetened chocolate	4 cups graham cracker crumbs
2 14-ounce cans sweetened condensed milk	2 cups chopped nuts

Melt chocolate in double boiler over boiling water. Add milk, stir until thick. Remove from heat and add graham cracker crumbs and one cup of nuts. Sprinkle one half cup of nuts in bottom of buttered pan. Press crumb mixture into pan. Sprinkle remaining half cup of nuts on top. Chill and cut in squares. May be frozen if desired. Makes 36 brownies.

### MRS. BARCLAY'S HINTS

"I prepare beef casserole, bread, and brownies the day before and store in refrigerator. The casserole should, if possible, be put out an hour ahead of time. If not, count on an extra 15 minutes for cooking. The bread is spread with softened butter to which I've added garlic salt. I generally fix half the bread with plain butter; one either likes or dislikes garlic. There is no middle of the road for garlic.

There are so many interesting branches in our woods which may be used for center pieces. There is one with a curly bark which looks like pieces of driftwood in color and shape. I use these a lot with just a couple of bright flowers. I also use dried grasses and goldenrod, but watch out for allergies."

### BUFFET LUNCHEON

Mrs. Marvin Bass

- Smithfield ham
- \* Escalloped oysters
- Green vegetable (optional)
- \* Molded salad
- Relish tray of celery curls,  
pickles and olives
- \* Sally Lunn muffins
- Coffee and cake

## LENA'S ESCALLOPED OYSTERS

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 quart oysters             | 1 garlic clove              |
| 1 1/4 cup cracker crumbs    | 1 tablespoon Worcestershire |
| 1/2 cup butter              | sauce                       |
| 2 tablespoons flour         | 2 tablespoons lemon juice   |
| 2 tablespoons chopped onion | Salt and pepper to taste    |

Heat oysters in their own juice till edges curl and brown. Melt butter in saucepan and add flour. Brown. Pour over oysters and add all seasonings and 1 cup cracker crumbs. Pour into casserole. Sprinkle with remaining crumbs, dot with butter and bake until brown at 450° approximately 20 minutes. Serves 8 people. Double ingredients for 16. This can be made in the morning and baked just before serving.

## MOLDED SALAD

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 cup tomato soup (undiluted) | 1 medium bottle stuffed olives |
| 3 small packages cream cheese | (sliced)                       |
| 1 envelope plain gelatine     | 1 cup pecans chopped           |
| 1/2 cup cold water            | 1 1/4 cup chopped onion        |
| 1 cup mayonnaise              | 1 1/2 cup chopped celery       |
| 1 green pepper, chopped       |                                |

Soak gelatine in water. Bring soup to boil and add cheese and whip with fork till dissolved. Cool and add gelatine and remaining ingredients. Pour into ring mold. Refrigerate.

## SALLY LUNN MUFFINS

- |                     |                         |
|---------------------|-------------------------|
| 2/3 cup warm water  | 2 cups flour            |
| 1/2 yeast cake      | 1 teaspoon salt         |
| 2 tablespoons sugar | 1 tablespoon shortening |
| 1 egg well beaten   |                         |

Combine water, yeast and sugar; add egg and mix. Add the liquid to flour, salt and shortening. Place in small muffin tins and let rise at room temperature approximately 1 hour. Bake at 450° about 10 minutes or until brown. Makes about 18 muffins.

## HINTS FROM MRS. BASS

"Since football week-ends can be pretty hectic, gamewise, for a coach's wife, I try to have a simple menu that can be prepared ahead. I usually arrange fruit for the table since it can double for dessert in an emergency. Frosted ivy leaves dress up the most ordinary fruits into an attractive table decoration.

"The salad can be made on Friday when I'm still able to think. I always make a list of serving arrangements so I can appoint the table and forget it by the night before the game. Any good ice box roll recipe (or Sally Lunn muffins if the crowd is to be small) can be prepared the day before. Put these into baking tins the morning of the game and then in the refrigerator. If removed an hour before serving time they will rise nicely."



## BUFFET SUPPER MENU

Mrs. Walter Pupa

- \* Chili con carne
- Cole slaw or tossed salad
- Hot buttered rolls
- Relish tray
- Butterscotch Brownies (see  
recipe in Section 12)
- Coffee

### CHILI CON CARNE

To serve 4	To serve 12 to 14	To serve 18 to 20
Suet or bacon fat:		
2 tablespoons	6 tablespoons	7 tablespoons
Garlic clove:		
1 clove	3 cloves	4 cloves
Chopped onion:		
$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Chopped green pepper:		
$\frac{1}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Ground lean beef:		
1 pound	3 pounds	4 pounds
Flour:		
1 tablespoon	3 tablespoons	4 tablespoons
Salt:		
1 teaspoon	1½-2 teaspoons	3-4 teaspoons
Kidney beans well drained:		
1 large can	3 extra large cans	4 extra large cans
Chili powder:		
1 tablespoon	3 tablespoons	4-5 tablespoons
Oregano, crushed		
$\frac{1}{2}$ teaspoon	1½ teaspoons	2 teaspoons
Crushed red pepper:		
$\frac{1}{2}$ teaspoon	1½ teaspoons	2 teaspoons
Stewed tomatoes:		
1 large can	3 large cans	4 large cans

Melt suet or bacon fat, add garlic, onion, green pepper; cook until a golden yellow color. Add ground beef. Sprinkle with salt and flour. Stir and cook until meat is browned. (For large quantity, this browning takes quite some time.) The more well-browned the meat is, the darker and richer your final chili. Be careful, however, not to allow meat to stick to bottom of pot. Add other ingredients, cover tightly and simmer for at least two hours. After the first one and a half hours, you can remove the cover. Stir quite often. Be careful not to allow chili to stick to bottom of pan.

### HINTS FROM MRS. PUPA

"I usually make the chili on Friday night and simmer for about one hour. On Saturday, if chili is to be served before the game, I remove chili from refrigerator and let stand about 10 minutes at room temperature, then simmer chili for at least another hour, stirring occasionally. If you intend to serve the chili after the game, make chili the night before, simmer one hour and place in refrigerator. On game day remove chili from refrigerator just before leaving the house and allow to stand at room temperature. If you have a baby-sitter ask her to start the stove on simmer about an hour before you are due home . . . stirring occasionally. When you return the chili will be ready to serve piping hot. Don't worry about the chili simmering more than two hours—the longer it simmers, the better it tastes! If it seems too thick, add a little water.

"Serve cafeteria style beginning at left hand side of the table in the following order: trays, napkins, silver, bowls (filled with chili in kitchen) plates, cole slaw or tossed salad, buttered rolls, relish tray, salt and pepper. A tea cart is handy to use when your guests are seated, to pass cups and saucers, coffee, cream and sugar and, later on, dessert.

"I arrange my table and centerpiece Friday night. Pine cones, colored leaves, etc., make an attractive dried arrangement when used with candles. A nice blending of color in your table appointments and decorating scheme of your home will add much to harmony and serenity. This may seem of minor importance but it does add to the comfort and ease of your guests."

### BUFFET SUPPER

Mrs. Jake Wade

Baked Smithfield ham

Sliced cold turkey

\* Baked beans with onions

\* Oyster sandwiches

Whole artichoke pickles

Dill pickles

Onion rings

Party rye bread

Coffee

### BAKED BEANS WITH ONIONS

Buy B&M Pork and Beans. Better than you can bake yourself and less trouble. Place in large baking dish, add molasses, diced onions, red pepper, salt and pepper. Sprinkle grated cheese on top and bake very slowly. Strips of bacon on top makes it even better. This is a man's favorite dish and very filling. About 10 jars of beans will feed around 50 people. Don't skimp on onions. Keep warm at table with a candle casserole burner.

## OYSTER SANDWICH

Put a layer of large oysters in buttered casserole, alternating with a layer of Snow's condensed clam chowder, a layer of Pepperidge Farm dressing. Dot with butter and plenty of salt and pepper. Keep two or three dishes hot in oven and take one at a time to table. Serve on slices of party rye bread. Keep clam chowder hot on top of stove and after adding to oysters it will only take a few minutes to warm. This goes over big with everyone. You may run out of oysters but not out of hungry guests!

## MRS. WADE'S HINTS

"Cook the ham several days ahead and bargain with your butcher to slice it very thin for you. No need to "doll" up the ham with cloves and brown sugar as it won't be served whole. Cook the turkey a day ahead but do not slice until a few hours before serving as it will dry out. No need to make dressing as it will be hard to keep hot. Save stock for future use.

"Baked beans can be prepared the morning of the supper and placed in very slow oven around noon. Serve in baking pan or crock to help keep them hot.

"Have at least four Pyrex dishes for your oysters. While one dish is being served, the others will stay hot in oven. It takes only a few minutes to thoroughly heat them if the clam chowder is hot on top of the stove. Be sure to use condensed chowder and do not dilute it. I put two pieces of party rye bread on plate and cover with oysters. They, of course, have to be eaten with a fork.

"Your party will be a lot easier if you use paper plates. Use the small salad size. It is better to come back more often for refills than to pile up food on the plate. Use the plastic forks and spoons. It's amazing how much silver can be thrown away with paper plates!

"A pretty polished bare table is more attractive and much less trouble. A nice arrangement for party accessories is an assortment of fruit. Use a large pumpkin, acorn squash, carrots, red apples, bananas, an eggplant and grapes. At each end of table use a pineapple with greens. Put a candle in the middle of each. Stick a few fall leaves around and see how effective this is.

"If you can borrow, beg or steal a 48-cup coffee urn, your trouble will be over. Connect this on low and let the guests serve themselves from a side table. Have cream and sugar by the urn so guests can doctor their coffee right there, eliminating the need for a spoon. A pound of drip coffee makes 48 cups.

"Don't try to seat all your guests. Half will end up on the stair steps and the more informal the party, the more fun."



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QUANTITIES OF FOOD TO SERVE 25 PERSONS

Food as purchased or prepared

	For 25
Butter	$\frac{3}{8}$ of a pound
Cakes, small	50
Celery hearts	5 bunches
Chicken diced	3 $4\frac{1}{2}$ -pound chickens
Chicken salad	$4\frac{1}{2}$ quarts
Coffee	$\frac{3}{4}$ pound
Cookies	75
Cream (coffee)	$1\frac{1}{4}$ pints
Cream to whip	1 pint (1 tablespoon per person)
Ham, raw smoked	1 ham 12 to 14 pounds
Ice cream (brick)	4 quarts (6 slices to brick)
Ice cream (bulk)	1 gallon (7 servings to quart)
Lettuce, large	5 heads
Mayonnaise or salad dressing	1 pint
Mints	1 pound
Nuts, salted	1 pound
Olives	1 quart
Pickles, small	1 quart
Punch	1 gallon
Rolls or biscuits	$3\frac{1}{2}$ dozen
Sandwiches, small	100
Turkey	20 pounds





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